IN PURSUIT OF PORRIDGE

CULINARY TRAVELS OF A NON-CHANTRY SCHOLAR

FERNANDO ABLATIVI

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The Library of the Chantry has catalogued this edition as follows:

Ablativi, Fernando.

In Pursuit of Porridge / Fernando Ablativi — 1st ed.

1. Recipes — Regional — Non-Fiction

2. Cookbook — Non-Fiction

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Introduction

My Dear Reader,

I do not know what it was that first compelled me to take on this quest, to seek out and sample as much of Thedas's different cuisines as I could. Perhaps it was because we face something of a new world after the miraculous work of the Inquisition, when so many nations and institutions helped to forestall the madness brought about by the great rent in the sky. I looked upon the scar it left behind, and found myself grateful for all that our various peoples were able to do, despite the losses.

But I also recognised that I know very little about our different cultures. One can of course read accounts – Brother Genitivi being the most famous example in these parts – but to truly learn about a place, surely the best way is through experience.

When I was quite small, we would visit my father's extended family in the rather remote countryside of – well, I shall not say. Let me note only that those holidays were punctuated by food. The dishes would gradually change as we worked our way toward our destination: I knew, even as a little child, how close we were to Father's people by what we were served for supper.

I am no Chantry scholar. I am not fit to take on the kind of enterprise that Genitivi or his ilk did. I could, however, explore Thedas like my family did in our small way, and get a sense of our different peoples by sharing their meals – with my hosts, and then, by way of this meagre little volume, with you, Dear Reader.

May all the blessings of the board, those on it and those round it, be yours this day and every day.

Fernando Ablitivi

Anderfels

‘The poorest and most feared nation in Thedas,’ Brother Genitivi called the Anderfels, and it is easy to see why. Blighted, blasted, and under constant threat of Darkspawn, it is a wonder any people live here at all. Yet they do – the Anders are surely the toughest and most devout people in the world. The Grey Wardens have the strongest presence here in anywhere in Thedas, for they are the de facto authority in the country. Yes, there is a king, but when trouble appears anyplace outside the capital of Hossberg, it is to the Wardens that people turn for help. Weisshaupt Fortress, the Wardens’ headquarters, is the beacon of stability in the bleak Anderfels. Yet, even in this stark land of extremes, there is good food and good company to be found, as you shall soon see, Dear Reader.

Cold Yogourt Soup

'It's a dry heat,' they told me as I travelled from Tallo. This was apparently meant to make me feel better about the scorching weather. It did not succeed, and the further into the Wandering Hills we journeyed, the hotter it became. Thankfully, the local people have this glorious cold soup to help with the worst of the summer. Add chopped cooked ham if you have it, though it is delicious regardless.

- 3 cups plain yogourt
- 3 cups water
- juice of 1 lemon or 2 tbsp vinegar
- 1 cup finely chopped scallions
- 1/4 cup finely chopped dill
- 1/4 cup finely chopped cilantro
- 1 bunch radishes, halved and thinly sliced
- 1 cucumber, peeled and diced 1/4" thick
- 1 ripe Rivaini avocado, diced
- 4 hard-boiled large eggs, diced
- 2 med. boiled red potatoes, diced
- Salt and pepper to taste
- 1 Tbsp Horseradish
- 1 Tbsp mustard

Preparation

Get your mortar and pestle out and pound scallions, dill and cilantro with a few large pinches of salt until the aroma of the herbs reaches your nose. Don't turn the herbs into a paste.

In a large soup pot, combine diced boiled potatoes with the herb mixture. Mix well, even crush a little to incorporate herbs into the potatoes.

Add the rest of the ingredients: horseradish and mustard mixture, eggs, avocado, cucumber, radish, yogourt, water and lemon juice. Gently mix.

Taste for salt. Add more if necessary.

Chill for 1 hour or more in the refrigerator.

Warm Potato Salad

Potato is a staple in the Anderfels. Sturdy, long-lasting, and generally easy to grow in the harsh environment, the Anders have learned to adapt this simple root vegetable into a delicious essential. The severity of the Anderfels climate can sometimes mean disaster: no potato. Such is life.

1 lb baby new potatoes
1 Tbsp sharp mustard
finely grated zest and juice of 1/2 lemon
5 Tbsp extra-virgin olive oil
3 Tbsp chopped flat-leaf parsley
2 spring onions, thinly sliced diagonally

Preparation

Cook the potatoes in a pan of boiling salted water for 12-15 mins until just tender. Meanwhile, in a small bowl, whisk the mustard with the lemon zest and juice, and slowly whisk in the oil to form a smooth emulsion. Season to taste.

Drain the potatoes and tip into a large bowl. Drizzle over the dressing and gently mix. Leave to stand for 15 mins to allow the potatoes to absorb the flavours. To serve, stir the parsley and spring onions into the potatoes. Season to taste and serve immediately.

Fried Potatoes

4 lbs unpeeled medium-size red-skinned potatoes
4 1/2 Tbsp olive oil
3 Tbsp malt vinegar or white wine vinegar
1 Tbsp Orlesian mustard
6 Tbsp lard, rendered bacon fat, or olive oil, divided
Coarse salt
2 1/2 cups finely chopped red onions, divided
6 Tbsp lager beer, divided
1/3 cup chopped fresh chives or green onions

Preparation

Cook potatoes in large pot of boiling salted water until just tender when pierced with sharp knife, about 25 minutes. Drain. Refrigerate potatoes overnight.

Cut potatoes into 1/2-inch cubes (do not peel). Whisk oil, vinegar, and mustard in small bowl to blend for vinaigrette. Heat 3 Tbsp lard in each of 2 large nonstick skillets over medium-high heat. Add half of potatoes to each skillet; sprinkle with coarse salt. Sauté until potatoes begin to brown, stirring frequently, about 7 minutes. Add 3 Tbsp beer, then 1 1/4 cups red onions to potatoes in each skillet; cook until beer evaporates, stirring occasionally, about 1 minute. Reduce heat to medium and sauté until potatoes are brown around edges, about 5 minutes. Pour half of vinaigrette over potatoes in each skillet and toss to coat. Remove from heat. Season to taste with salt and pepper.

Transfer all potatoes to large bowl. Sprinkle with chives.

Potato Dumplings

These are found all over the Anderfels. My host in Nordbotten, upon discovering that I knew nothing of the making of them, insisted on teaching me, and furnished me with the very notes he gave to his daughter when he taught her the recipe. I attach them here.

6 med potatoes, peeled, boiled, and cooled
1/2 Cup flour
1 1/2 Tsp salt
2 eggs
Boiling water or chicken or vegetable broth

Preparation

Grate the potatoes fine, or put them through a ricer.

Add eggs, flour, and salt, and mix well together. Roll this dough into 1-inch balls, and drop them into boiling water.

Gently boil for 10 minutes. Lift out with a slotted spoon and put them into a warmed serving bowl; keep them warm while making crumb topping or a gravy.

My dear Hildy, who are distraught not to give up at the first miscooked, collapsed dumpling.

The flour to be used for dumplings should be selfraising or a mixture of plain and selfraising.

Dough made of bread, the crumbs of bread rolls, semolina, must be allowed to "rest" for a while in order to absorb moisture.

Flour and potato dumplings are shaped with floury hands. Some doughs are made by forming a roll on a floured pastry board, which is then cut in dices, filled and formed into balls by hand.

Dumplings as garnish in soup, meat and liver dumplings, bread dumplings should be rounded with wet hands.

It is advisable to cook one dumpling first as a trial. If the inside is "dry," it is a success; if it is too solid, add liquid (soup, milk, water); if it tends to fall apart, perhaps bind with egg and/or flour.

Leave the saucepan in which you boil dumplings half uncovered: only yeast dumplings should be cooked with the saucepan lid wholly on.

Drain the dumplings carefully and serve in a warm dish. If dumplings are to be kept warm and you do not have a steamer, put them in a colander on top of a saucepan of hot water.

Warden's Delight

- 1kg potatoes, peeled, roosters work well
- 250g curly kale or other dark green, well washed and finely sliced
- 100 ml milk
- 100 g butter
- Salt and freshly ground black pepper

Preparation

Cook the potatoes in a covered pan of boiling salted water for 15-20 minutes until tender.

Meanwhile, cook the kale. Heat a knob of butter and two Tbsp of water in a heavy-based pan with a lid. When the butter has melted and formed an emulsion, add the kale with a pinch of salt.

Cover, shake well and cook over a high heat for 1 minute. Shake the pan again and cook for another minute. Drain off any liquid and then season the kale with pepper.

Drain the potatoes, add in the milk and mash until smooth, then beat in the kale and the remaining butter. Season to taste with salt and pepper.

Fish Cakes in Green Sauce

2 potatoes, peeled
1 onion, halved
9 oz white fish fillets, skinned
5 oz smoked fish fillets, skinned
flour for dusting
some canola oil for shallow frying
sea salt and freshly ground pepper

For the sauce:

about 2 oz fresh green herbs such as parsley, chives, chervil, dill, marjoram, sorrel, coriander, basil, tarragon, borage, lovage or baby spinach
3 Tbsp sour cream
2 Tbsp milk
2 Tbsp mayonnaise
2 tsp sweet Anders mustard
2 hard-boiled eggs, chopped roughly

Preparation

Coarsely grate the potatoes and squeeze our excess water. Coarsely grate the onion; mix half into the potato and reserve half for the sauce.

Check both fish for fine bones then chop roughly and purée with some freshly ground black pepper. Blend to a smooth paste then scoop out and mix with the grated potato and onion. Add a little salt if liked — you can check the seasonings by frying a small amount first. Shape into 8 round cakes.

Make the sauce: Blend your chosen mixture of herbs, until finely chopped. Add the rest of the including the reserved onion, chopped eggs and seasoning to taste.

Blend to a slightly chunky puree — not velvety smooth, it should have a little texture. Check the seasoning and spoon into a bowl.

Dust the fish cakes lightly with flour. Heat some oil to a depth of 1/2 inch and fry the fish cakes in batches for about 3 minutes each on a medium heat. Drain on paper towels and reheat the oil between the batches. Serve the fish cakes with the sauce and a fresh tomato salad.

Anderfels Ham and Scalloped Potatoes

It tastes of despair. Everyone knows it. When I said so to my host in Kassel, she laughed in my face. 'It tastes of *salt!*' she said, rolling her eyes, and I was appropriately chastened.

3 Tbsp unsalted butter
1 medium onion, diced
3 Tbsp all-purpose flour
2 cloves garlic, minced
salt
1/2 to 1 tsp cayenne pepper
coarsely ground black pepper
1 tsp mustard powder
2 cups goat's milk or regular milk
1/2 lb country ham, thinly sliced
1 1/2 lbs red potatoes, sliced (about 5 cups)
1 1/2 cups grated Gruyere
Sliced green onions for garnish

Preparation

Preheat the oven to 350F. Grease an 8-by-8-inch baking dish.

In a skillet over medium heat, melt the butter. Add the onions and sauté until translucent, 3 to 4 minutes. Add the flour and stir until combined. Cook 1 to 2 minutes to remove the raw flour taste. Add the garlic, 1 tsp salt, 1 tsp pepper, the cayenne and mustard powder. Whisk in the milk. Allow to cook and thicken slightly, about 3 minutes. Remove from the heat.

Line the baking dish with a crisscrossed layer of country ham, then a layer of slightly overlapping potatoes, then about 2/3 cup sauce. Repeat the layering until all the are used. You should have a total of 3 sets of layers, ending with the sauce on top. Top with the Gruyere and cover with foil. Bake until the potatoes are tender, about 1 hour.

Remove the foil and spoon off any fat that has pooled in the baking dish, if needed. Switch the oven to broil and broil until light golden brown, 3 to 5 minutes. Garnish with green onions before serving.

Traditional Sauerbraten

In Nordbotten, I was rather haughtily informed that *true* Anders Sauerbraten is marinated for four days. Anything less is an abomination unto the Maker.

1/2 cup red wine vinegar
1 3/4 cups red wine
2 cups sliced yellow onions
6 parsley stems
6 black peppercorns
3 bay leaves
6 whole cloves
1 1/2-2 lbs beef top round roast
1/2 cup flour
2 tsps salt
1 tsp fresh ground black pepper
2 Tbsp vegetable oil
3/4 cup chopped seeded tomatoes
3/4 cup water (approximately)
2 Tbsp cream sherry
1 Tbsp light brown sugar, plus more to taste
1 Tbsp fresh lemon juice (to taste)
parsley sprig (to garnish)
sour cream (optional, to serve)

Preparation

Marinade: in a medium saucepan combine vinegar, 1 1/2 cups of the red wine, and onions. Wrap parsley stems, peppercorns, bay leaves, and cloves in a double layer of cheesecloth and tie shut. Add to saucepan, and bring mixture to a boil. Turn off heat and cool to room temperature.

Prick the top round on all sides with a fork. Put it into large resealable plastic bag and pour marinade over. Close bag and turn upside down a few times to cover meat well. Marinate, turning the bag once or twice a day, for 3 to 4 days in the refrigerator. When ready to cook, bring marinated beef to room temperature, about 2 hours. Remove beef from marinade and pat dry. Strain marinade, reserving the liquid and onions; discard the cheesecloth bag.

Preheat oven to 325F. Combine flour, salt, and black pepper on a large plate, mixing well.

Heat vegetable oil in a heavy, ovenproof pan with a lid, large enough to hold the roast, over moderately high heat. When the oil is hot but not smoking, dredge meat in flour mixture, then sear well on each side, about 5 minutes per side. Pour extra fat out of pan.

Place 1 cup of marinating liquid, remaining 1/4 cup red wine, and tomatoes in the pan along with reserved onions from marinade. Add enough water so the liquid comes about 1/3 of the way up the side of the beef. Bring liquid to a boil and boil for 5 minutes. Cover and braise in the oven, turning every 30 minutes. Spoon braising liquid over meat, until very tender, about 3 hours. Remove beef from pan and keep warm covered with foil. Strain and degrease braising liquid and discard solids.

Place braising liquid in small saucepan and add remaining marinade along with sherry and 1 Tbsp brown sugar. Boil liquid until reduced by half, about 10 minutes. Add additional brown sugar if desired, and/or lemon juice to taste. Adjust seasoning. Carve roast against the grain into slices that are about 3/8 inch thick. Arrange slices on a serving platter, spoon sauce over them, and garnish with parsley sprigs. Top with a dollop of sour cream, if desired.

Schweinshaxe

Pork knuckle sounds unappetising to those not in the know, but believe me, Dear Reader, the Anders treat it with the respect it surely deserves. The meat is the most tender, the crackling the most delicious. This classic Anders dish is well worth the wait.

3 medium onions, sliced
4 pork hocks (knuckles), the meatiest ones you can find
2 garlic cloves, halved
2 Tbsp salt
12 oz beer (any beer will do)

Preparation

Preheat oven to 350F.

Place sliced onions in the bottom of an 8x8 baking dish.

Rub the skin of each pork hock with half of a garlic clove. After rubbing, add garlic to the onions in baking dish. Rub roughly 1/2 Tbsp of salt into the skin of each pork hock.

Nestle the hocks, meaty side down, in the onions. Pour beer around the hocks. Roast hocks in preheated oven for 3 hours, until the skin is crisp and the meat is fall-apart tender. (Check the hocks ever hour to be sure they haven't fallen over and there is still enough moisture in the bottom of the pan. Add hot water if the pan seems to be scorching.)

Each hock is traditionally served individually, with a fork and sharp knife, but most people find it easier to enjoy the crisp skin by just digging in with their hands. Serve with boiled potatoes, potato dumplings, or spaetzle, and braised red cabbage or sauerkraut. (And don't forget the onions from the baking dish!)

Nugs in Blankets

It's well known that the entry to Kal-Sharok, the old capital of the Dwarven Empire, is located within the borders of the Anderfels. When that great city fell, the Anders lost one of their key connections to the rest of the world. All that is left is folk memory, such as the name of this recipe. Ground meat, rice, and tomato are wrapped in cabbage leaves and baked. It is a favourite among all the Anders I met. Each community had its own special version, which of course they all claimed was 'the original.'

1 head cabbage
1 1/2 lbs ground beef or lamb
1 cup rice, cooked
1 onion, chopped
1 cup tomato juice
1 cup water
salt and pepper

Preparation

Brown ground beef and onion. Salt and pepper to taste. Drain grease. Stir together rice and browned ground beef and set aside.

Bring a large kettle of water to a boil and remove from heat.

Carefully remove 16 leaves from the head of cabbage and put leaves in the water and let set until wilted.

Remove a leaf from the water with tongs, take a good sized Tbsp of the hamburger-rice mixture into the leaf and wrap leaf around the burger mixture. May need to secure with a toothpick to keep closed.

Place in a greased 9x13 pan.

Repeat with remaining leaves and burger mixture.

When you have used all the mixture, pour tomato juice and water over top of nugs in blankets.

Cover and bake for an hour at 325F.

Meatballs in Caper Sauce

Forgive me, Dear Reader, if I do not give you the local name of this outstanding dish. I fear it is a rather crude reference to the King.

For the Meatballs:

1 1/2 cups stale bread cubes
milk, to soak bread cubes
2 lbs ground lean meat (pork, beef)
1 large onion, peeled and minced
2 eggs, beaten
3 flat anchovy fillets, drained and minced
salt and pepper, to taste

For the Sauce:

4 cups beef bouillon
3 Tbsp butter
3 Tbsp flour
1 lemon, juice of (about 1/4 cup)
3 Tbsp capers, drained

Preparation

For the Meatballs:

Soak bread cubes in milk to cover. When soft, squeeze dry and put in a large bowl. Add ground meat and mix well.

Stir in onion, eggs, anchovy fillets, salt and pepper; work mixture with hands until well combined.

Form into 2-inch balls.

Bring bouillon to a boil in a large saucepan; drop in meatballs. Cook over medium heat until meatballs rise to the top, about 15 minutes. Remove from liquid with a slotted spoon and keep warm.

Strain and reserve liquid.

For the Sauce:

Melt butter in a saucepan.

Stir in flour and blend well, cook 1 minute.

Gradually add 3 cups strained liquid; cook slowly, stirring constantly, until liquid is thickened and smooth.

Add lemon juice and capers. Season with salt and pepper. Add meatballs and heat through.

Yeast Ball

A traditional dish in Hossberg, with a deceptively unappetising name. It can be enjoyed sweet as a dessert filled with fruits, or savoury stuffed with meat and served with Sauerkraut.

Yeast ball:

1 lb flour
3 packs dry yeast
1 egg yolk
1 cup milk
3/4 stick of butter
1/2 tsp salt
1/2 tsp sugar (if served sweet)

Savoury stuffing:

1 lb ground meat
2 Tbsp oil
1 onion
1 garlic clove
salt, pepper, oregano
8-12 oz diced tomatoes
8 oz cheese

Preparation

Mix flour, (sugar), salt and egg yolk. Dissolve yeast in lukewarm milk and add to mixture. Add soft butter and knead well. Let the dough rise on a warm location for about 30 minutes. Form balls, stuff if desired and let rest for another 30 minutes underneath a towel. Cook over steam or in hot salt water (not cooking) for 12-14 minutes.

Savoury stuffing:

Roast ground meat with oil, add remaining and cook until done. Stuff yeast ball with filling and steam. Serving suggestion: serve with Sauerkraut, potatoes and slow cooked beef.

Sweet stuffing:

Use jam of your choice to stuff the yeast ball or leave the yeast ball as is and serve it on a bed of hot fruits.

Weisshaupt Cake

As I mentioned earlier, potatoes are a true staple in this region. This recipe will surprise you.

- 700 g large starchy potatoes
- 150 g sugar
- 70 g almonds
- 30 g melted butter + greasing
- A pinch of salt
- Grated zest of one lemon
- 5 eggs
- Breadcrumbs to dust the cake tin
- Icing sugar to decorate

Preparation

Peel the potatoes and boil or steam them. When they are ready and soft enough to be pierced effortlessly with a fork, mash them as you were making mashed potatoes. Choose your favourite kitchen appliance, either a potato masher or a food mill, and remove all, I mean all, the lumps. Spoon the mashed potatoes in a bowl.

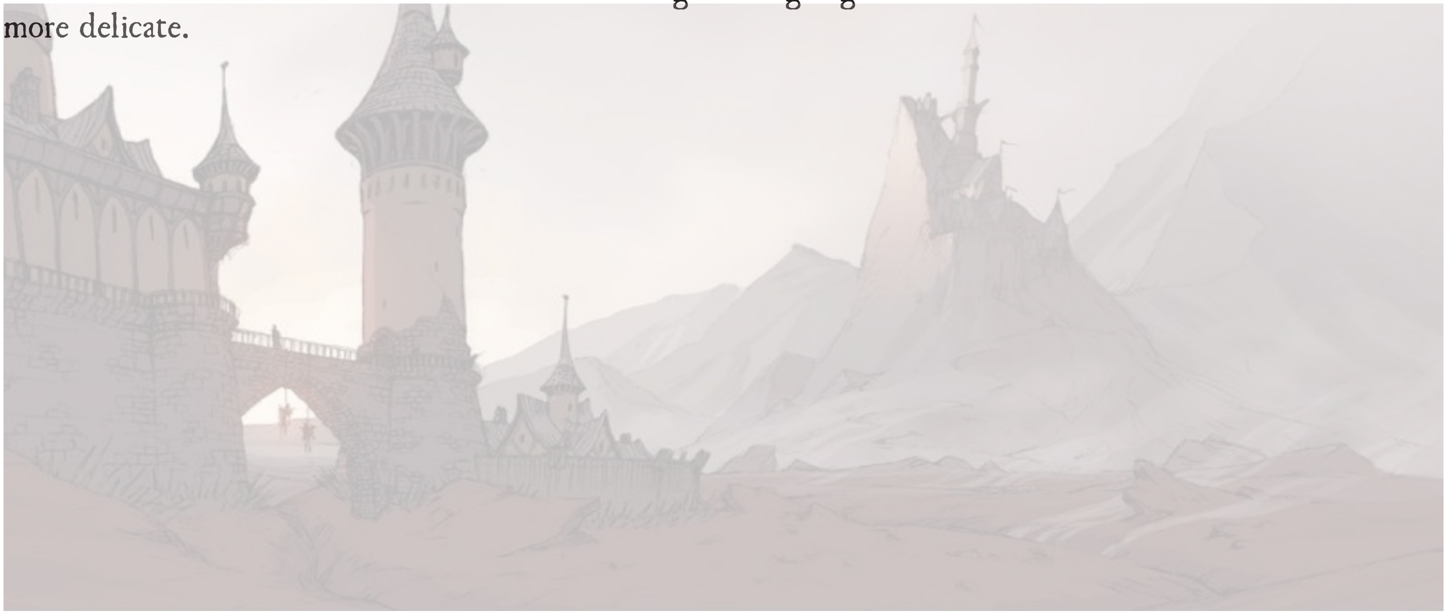
Blend the almonds with the sugar until you get a powdery flour, then add them to the mashed potatoes with the melted butter, a pinch of salt and the grated zest of a lemon.

Heat oven to 350F.

Beat for about ten minutes, adding one egg at a time.

Butter a round 18 cm cake tin, dust with breadcrumbs and scrape the potato batter into the tin. Bake for about 1 hour, until the cake is dry and golden. Test the doneness with a toothpick.

Remove cake from the oven and let it cool completely before serving, so that the lemon flavour will come out in all its freshness. A dusting of icing sugar will make the cake even more delicate.



Little Crumbly Cakes

Rightly famous, these little treats burst in your mouth in a sugary, dusty explosion of flavour.

- 1 cup unsalted butter, room temperature
- 2 1/4 cups flour
- 1 tsp vanilla
- 1 cup chopped almonds, pecans, or walnuts
- 1/2 cup powdered sugar, plus extra for rolling
- pinch of salt
- 2 Tbsp milk
- 1/2 cup seedless red raspberry jam

Preparation

Cream together butter and sugar. Beat on medium speed until smooth and creamy. Add the vanilla and mix to combine. Slowly add in the flour, beating after each addition. Add the milk and beat again to combine. Dough will remain very crumbly. Add in nuts and fold in with a spatula.

Remove dough from mixing bowl and roll into a ball. Wrap tightly and refrigerate for at least 1 hour.

Remove dough from fridge. Preheat oven to 350 degrees. Using a knife, cut pieces off the ball, about 1 Tbsp of dough, and roll into balls.

Cut each ball in half and form an impression into one half.

Fill impression with about 1/2 tsp jam. Fold up the sides around the jam.

Flatten the other half of the ball with your fingers and then lay over the jam filled piece. Smooth out the edges to seal.

Bake in a 350 degree oven for 10 minutes. Remove from oven and immediately roll in powdered sugar, then put them on a cooling rack to cool completely. Store these Tea Cake Cookies in an airtight container or freeze for later, these freeze great!

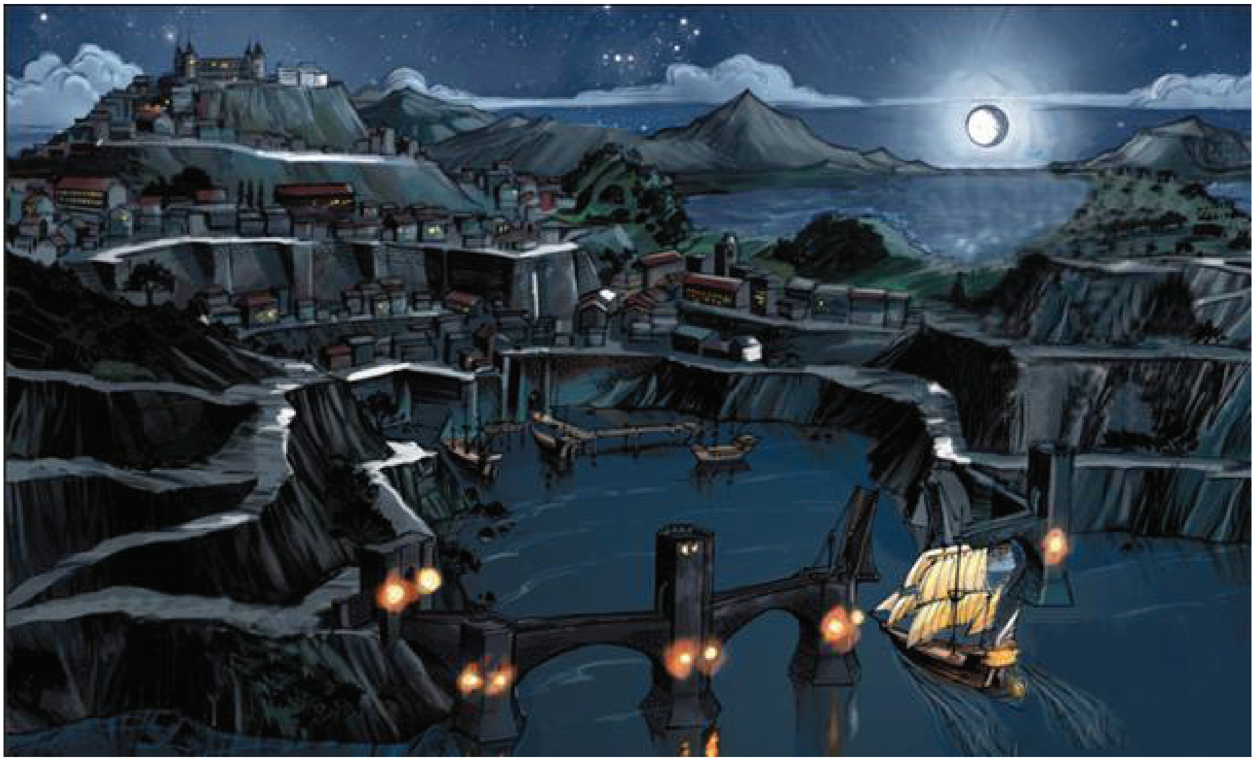
Frozen Steppes Cocktail

I thought it a joke when I was offered this in a yurt in the middle of the sweltering Wandering Hills; but the joke surely was on me, for my Orth host did indeed produce this amazing gem of a concoction, proffering it to me with a frightening toothy grin. It is a delightful drink, nostalgically childlike – easily one of my most surprising experiences in all my travels.

- 2 1/2 oz vodka
- 1 scoop ice cream (vanilla)
- 1 1/2 oz crème de cacao

Preparation

Pour over finely shaven ice in a parfait glass, and stir well. Garnish with a slices of fruit, and serve.



Antiva

Antiva – where 'a murder of crows,' takes on a particularly chiling meaning. There is a monarch here, but few people I encountered could so much as name him – for, as everyone knows, the real power is in the hands of the Antivan Crows, Thedas's most powerful and terrifying assassins guild. They influence everything, from power to trade to – yes – even the food. And what food! Antivan cuisine is one of the glories of the world.

Polenta

Whether the Nevarrans or the Antivans created it first is a debate for scholars and patriots. In any case, 'cornmeal mush,' as the Orlesians eye-rollingly dismiss it – *unimaginative*, *dreary*, *worthy of Ferelden* – serves as the frame on which to dress everything from delicate sauces to hearty meats.   Nevarrans use a double boiler for polenta, but the Antivans scoff, use one pan, and keep stirring.

4 or 5 cups water
Salt and pepper
1 cup medium or fine cornmeal
Butter
Parmesan for soft polenta, optional

Preparation

For firm polenta use 4 cups water; for soft polenta use 5 cups water. Bring water to a boil in a medium-size heavy sauce pan over high heat. Add 1 tsp salt. Pour cornmeal slowly into water, stirring with a wire whisk or wooden spoon. Continue stirring as mixture thickens, 2 to 3 minutes.

Turn heat to low. Cook for at least 20 minutes, stirring every few minutes or so. If polenta becomes quite thick, thin it with 1/2 cup water, stir well and continue cooking. Add up to 1 cup more water as necessary, to keep polenta soft enough to stir. Put a spoonful on a plate, let it cool, then taste. Grains should be swollen and taste cooked, not raw. Adjust salt and add pepper if you wish.

For firm polenta, lightly butter a baking sheet or shallow dish, approximately 8 1/2 by 11 inches. Carefully pour polenta into pan. Using a spatula, spread polenta to a thickness of 3/4 inch. Cool to room temperature to allow polenta to solidify. Cover and refrigerate for up to 3 days. For soft polenta, add 6 Tbsp butter to pot and stir well. Serve immediately or transfer to a double boiler set over low heat, cover and keep warm for up to an hour or so. (Or set the saucepan in a pot of barely simmering water.) Stir well before spooning into low soup bowls. Sprinkle with Parmesan, if desired.

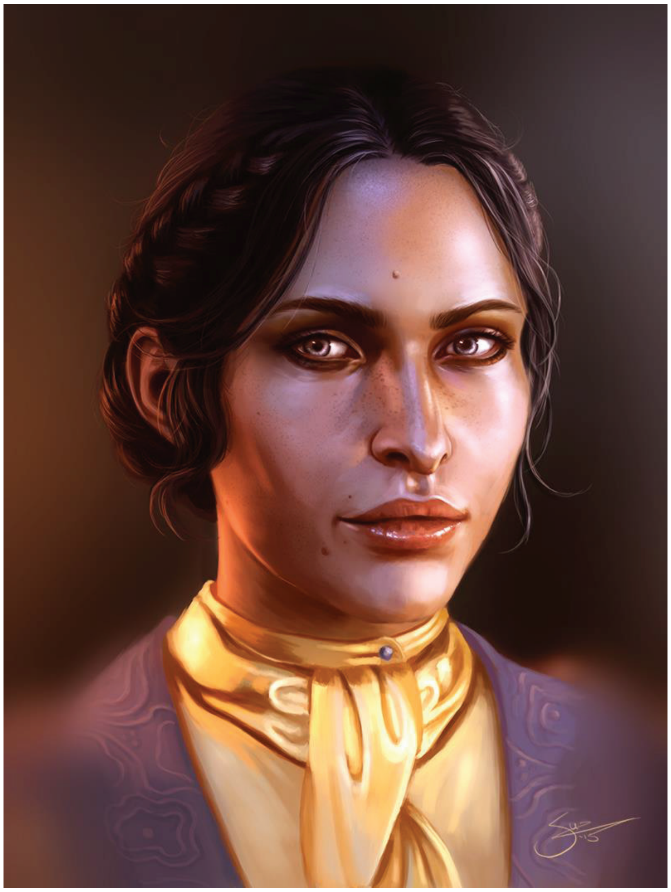
Tomato Sauce

Every single village – every *street*! – in Antiva has its own version of this quintessential sauce. Serve over polenta, potato dumplings, or even eat on its own with extra chili flakes, as the Antivans do when suffering from a cold.

- 28 oz whole Antivan tomatoes
- 2 Tbsp olive oil
- 1 Tbsp chopped garlic
- Salt and pepper
- Crushed chili flakes
- 6 to 8 large fresh basil leaves, chopped
- 1/2 cup cream

Preparation

Remove tomato seeds, chop tomatoes into small pieces and reserve the juice. In a saucepan, add olive oil and garlic and sauté for 1 minute. Add the tomatoes, salt, pepper and chili and bring to a simmer for 5 minutes. If necessary, add the reserved juice. Add the basil. Finish with cream.



Creamy Risotto with Lemon and Rosemary

What is more Antivan than risotto? Hearty rice cooked slowly in stock, it is surely among the best comfort foods I have ever eaten.

- 2 green onions/shallots
- 1 stalk celery
- 1/4 cup unsalted butter
- 1 Tbsp olive oil
- 1-1/3 cups risotto rice
- 1 quart vegetable stock
- 1/2 lemon, zested and juiced
- 2 small sprigs of fresh rosemary, finely chopped
- 1 egg yolk
- 4 Tbsp grated Parmesan
- 4 Tbsp heavy cream
- Salt and pepper

Preparation

Finely chop the celery and green onions/shallots. Melt half the butter, the olive oil, and the celery/shallot mixture until softened, about 5 minutes, stirring so that nothing sticks to the bottom of the pot. Mix in the rice, stirring to coat rice with butter and oil.

In another saucepan, heat the stock and keep it simmering. Pour a ladleful of stock into rice and keep stirring until all stock is absorbed. Add another ladle of stock, stir again. Repeat this process until the rice is cooked to your liking, about 20-25 min. Use your judgement with the stock – you may not need it all, or you may even have to add some hot water beyond 1 quart. Add lemon zest and rosemary to risotto.

In a small bowl, beat the egg yolk, lemon juice, Parmesan, cream and pepper.

Remove risotto from the heat and add the bowl of lemon juice, egg, cheese mixture. Add the remaining butter. Salt to taste. Check your seasoning and make adjustments.

Antivan Cod

When I was offered 'whipped fish' in Treviso, I was slightly alarmed. My trepidation must have shown on my face, for my host laughed and promised I would like it. He was right. This can be served as an appetiser, a side dish, or even with potato dumplings.

1 lb boneless salt cod, soaked to remove salt
1 medium russet potato (about 1/2 lb)
2 plump garlic cloves, finely minced
1 cup extra-virgin olive oil
1/2 cup half-and-half or light cream
1/2 cup cod poaching water
freshly ground black pepper to taste

Preparation

When the cod is sufficiently soaked, cut it into small pieces—6 inches or so—and put them in a saucepan or deep skillet with at least an inch of water to cover. Bring to a boil, set the cover ajar (rest it on a wooden spoon set on the rim of the pan), and cook at a steady bubbling boil for 20 minutes or more, until the cod is easy to flake but still has body and shape. Don't let it start to break apart. Lift it out of the cooking water, and let it drain and cool in a colander. Reserve a cup of the cooking water.

Meanwhile, rinse the potato but leave it whole and unpeeled. Put it in a small pot covered with cold water. Bring to the boil, and cook steadily until you can easily pierce the potato with a knife blade.

Let it cool, and peel it.

Flake all the fish into a bowl. Drop in minced garlic, and beat while you pour in half the olive oil very gradually in a thin stream, then add potato and incorporate it; continue beating as you gradually add the rest of the oil. Now whip the fish to lighten it.

Incorporate the half-and- half gradually, then whip again. At this point the whipped cod should be smooth and fluffy, almost like mashed potatoes but with texture. If it is very dense, you can thin it with the cooking water (but be careful: too much water will make it too salty).

Finally, season with pepper and beat to blend.

Slow-Cooked Pepper Beef

This slowly cooked beef dish looks at first blush to be very spicy, but in fact it's quite mellow. It is excellent, as are so many Antivan dishes, served over polenta.

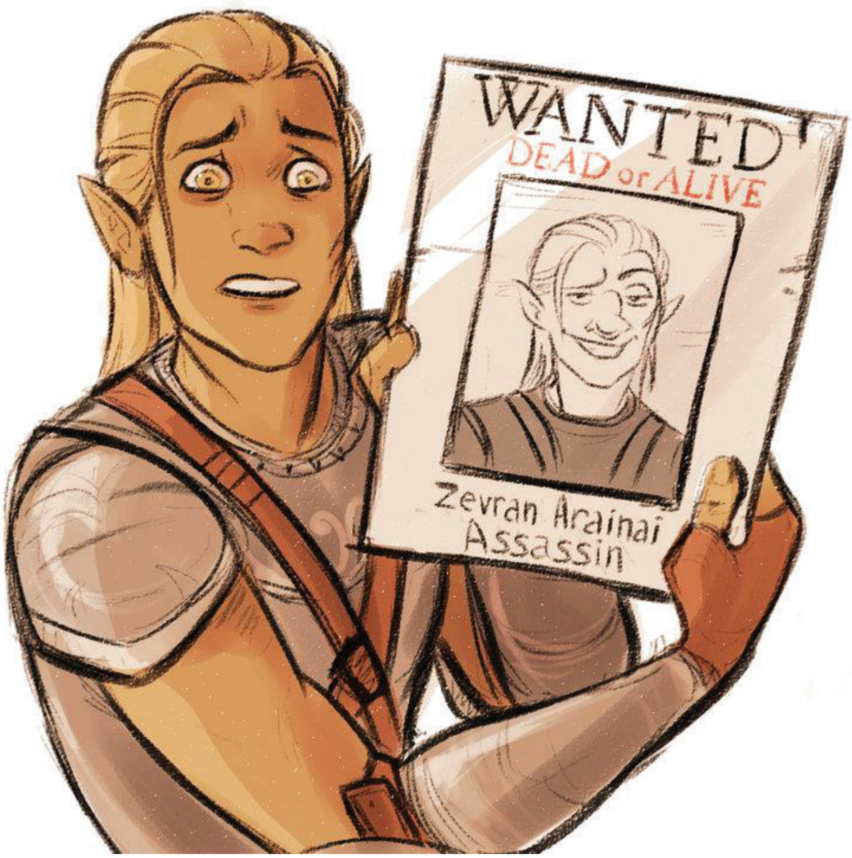
2 lb stewing beef, in chunks
4 cloves garlic, whole
1 cup red wine
1 pinch salt
2 1/2 Tbsp pepper

Preparation

Place all the ingredients in the ceramic cooking pot. Cover the slow cooker with the lid and cook 6-8 hours at low temperature, or until the meat is very tender. Alternatively, cook 4 h at high temperature.

If there is too much liquid at the end, transfer it to a small pot then cook on medium heat until reduced.

Serve the meat with its cooking juices.

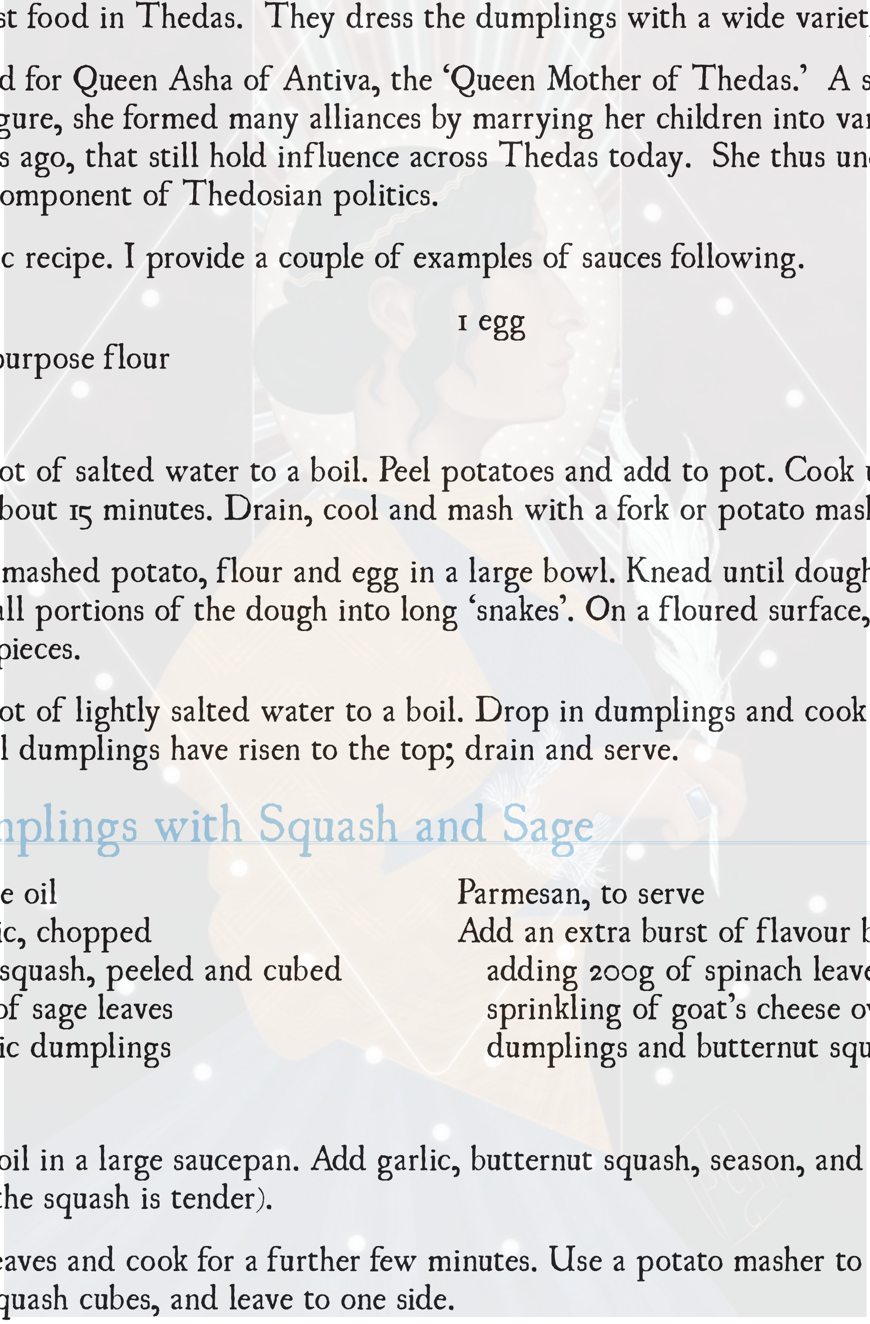


Queen Mother Asha Dumplings

These are labour-intensive, but a staple in Antiva. Their origins are unknown, but market stalls all over the country sell these little filling dumplings. The ingredients are deceptively simple – potato, flour, egg – but with this, the Antivans provide a basis for some of the best food in Thedas. They dress the dumplings with a wide variety of sauces.

They are named for Queen Asha of Antiva, the 'Queen Mother of Thedas.' A seemingly unimportant figure, she formed many alliances by marrying her children into various royal houses centuries ago, that still hold influence across Thedas today. She thus unexpectedly became a key component of Thedosian politics.

This is the basic recipe. I provide a couple of examples of sauces following.



2 potatoes
2 cups all-purpose flour
1 egg

Preparation

Bring a large pot of salted water to a boil. Peel potatoes and add to pot. Cook until tender but still firm, about 15 minutes. Drain, cool and mash with a fork or potato masher.

Combine 1 cup mashed potato, flour and egg in a large bowl. Knead until dough forms a ball. Shape small portions of the dough into long 'snakes'. On a floured surface, cut snakes into half-inch pieces.

Bring a large pot of lightly salted water to a boil. Drop in dumplings and cook for 3 to 5 minutes or until dumplings have risen to the top; drain and serve.

Asha Dumplings with Squash and Sage

2 Tbsp olive oil
1 clove garlic, chopped
1 butternut squash, peeled and cubed
A handful of sage leaves
1 recipe basic dumplings
Parmesan, to serve
Add an extra burst of flavour by adding 200g of spinach leaves and a sprinkling of goat's cheese over the dumplings and butternut squash.

Preparation

Heat the olive oil in a large saucepan. Add garlic, butternut squash, season, and fry for 10 minutes (until the squash is tender).

Add the sage leaves and cook for a further few minutes. Use a potato masher to break open the butternut squash cubes, and leave to one side.

Cook the dumplings according to the packet instructions. Once cooked, drain and toss with the squash mix. Serve sprinkled with lots of Parmesan.

Asha Dumplings with Parsley Pesto

- 25g (1oz) pine nuts
- 2 garlic cloves, crushed
- 50g (2oz) parsley, roughly chopped
- 100ml (4oz) olive oil
- 100g (4oz) mushrooms, wiped and finely diced
- 1 recipe basic dumplings
- Freshly chopped parsley

Preparation

Finely mince pine nuts, garlic, parsley and all but 30ml (2 Tbsp) of the olive oil. Season with salt and freshly ground black pepper.

Heat the rest of the oil in a frying pan and add the diced mushrooms. Cook over a high heat until browned.

Meanwhile, cook dumplings in a large pan of lightly salted boiling water for 3-4 min until they just rise to the surface. Drain well.

Add dumplings and parsley pesto sauce to the frying pan and stir gently to mix. Cook for 1-2 min until just heated through. Adjust seasoning to taste and serve garnished with the chopped parsley.

Asha Dumplings with Cinnamon and Butter

A sweet version of the ubiquitous dumplings, these are considered very beneficial to growing children.

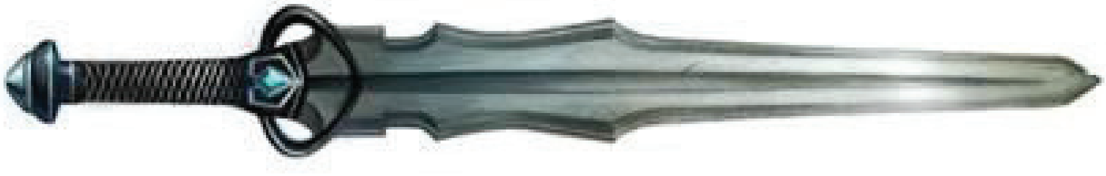
- 3/4 cup butter
- 1 cinnamon stick
- 1 recipe basic dumplings
- Salt
- 1 Tbsp sugar, plus more to taste
- 1 tsp ground cinnamon

Preparation

Melt butter with cinnamon stick in a heavy medium skillet over medium heat until melted, about 2 minutes. Remove from the heat and set aside.

Cook dumplings in a large pot of boiling salted water until they all rise to the surface, about 3 minutes. Discard cinnamon stick from butter sauce and reheat the sauce over low heat. Using a slotted spoon, transfer cooked dumplings to hot cinnamon butter in the skillet. Sprinkle with sugar and cinnamon. Toss to coat and add more sugar, to taste.

Spoon the dumplings and butter sauce into shallow bowls and serve immediately.



Poison

The Crows influence every facet of Antivan life. The name of this dessert, served over fresh fruit, cake, or pie, is an example. ‘Poison,’ the Antivans call it, as though it were all a joke. My hosts in various parts of Antiva would only shrug and say, ‘Surely it is better to laugh than to cry, yes?’

- 7 egg yolks
- 1/2 cup sweet wine like sherry or Marsala
- 1/3 cup white sugar
- 1 cup heavy cream, whipped to stiff peaks

Preparation

Fill a large saucepan with several inches of water, and bring to a boil over high heat. Reduce the heat until the water maintains a strong simmer. Place egg yolks, sweet wine, and sugar into a metal mixing bowl. Place the bowl over the simmering water. Beat constantly with a wire whisk until the zabaglione turns pale yellow and thickens to the consistency of softly whipped cream. Scrape the zabaglione into a clean mixing bowl, and set over ice, stirring occasionally until cold. Once cold, fold in whipped cream.

Lemon Polenta Cake

For the cake:

- 1 3/4 sticks soft unsalted butter (plus some for greasing) 1 cup superfine sugar
- 2 cups almond meal
- 3/4 cup fine polenta (or cornmeal)
- 1 1/2 tsp baking powder
- 3 large eggs
- zest of 2 lemons (save juice for syrup)

For the syrup:

- juice of 2 lemons
- 1 cup confectioners' sugar

Preparation

Line the base of a 9 inch springform cake tin with baking parchment and grease its sides lightly with butter.

Preheat the oven to 350F.

Beat the butter and sugar till pale and whipped, either by hand in a bowl with a wooden spoon.

Mix together the almonds, polenta and baking powder, and beat some of this into the butter-sugar mixture, followed by 1 egg, then alternate dry ingredients and eggs, beating all the while.

Finally, beat in the lemon zest and pour, spoon or scrape the mixture into your prepared tin and bake in the oven for about 40 minutes.

It may seem wobbly but, if the cake is cooked, a cake tester should come out cleanish and, most significantly, the edges of the cake will have begun to shrink away from the sides of the tin. Remove from the oven to a wire cooling rack, but leave in its tin.

Make the syrup by boiling together the lemon juice and confectioners' sugar in a smallish saucepan.

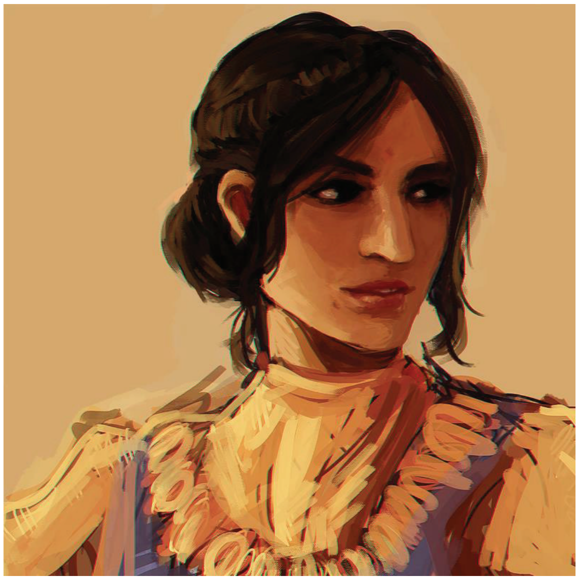
Once the confectioners' sugar's dissolved into the juice, you're done.

Prick the top of the cake all over with a fork, pour the warm syrup over the cake, and leave to cool before taking it out of its tin.

Chocolate Salami

This isn't so much a dessert, but rather a small sweet taste to go with coffee. The conceit here is in the appearance of the chocolate-and-nut sausage: once sliced, it does indeed look very like salami.

- 4 egg yolks
- 160g caster sugar
- 180g unsalted butter – at room temperature
- 100g cocoa powder
- Good pinch of fine salt
- 200g mixed nuts – hazelnuts, walnuts, pistachios
- 150g dried fruit roughly chopped
- 200g biscotti, broken into 1cm pieces



Preparation

Beat the egg yolks with the sugar, then add butter, cocoa powder and salt, beating all the while so that you create a creamy paste.

Mix in nuts, fruit and broken biscuits and place the mixture on a sheet of foil. Roll the mixture into a cylinder 5cm wide – like a large, thick sausage. Wrap in greaseproof paper and refrigerate overnight.

Slice into rounds and serve with coffee.

Black Shadow Crinkles

Dangerous little cookies. Beware.

- 4 Tbsp unsalted butter
- 8 oz semisweet or bittersweet chocolate, coarsely chopped
- 1/2 cup granulated white sugar
- 2 large eggs
- 2 tsp pure vanilla
- 1 1/2 cups all-purpose flour
- 1/4 tsp salt
- 1/2 tsp baking powder
- 1 cup confectioners' sugar, sifted

Preparation

In a double boiler, melt chocolate and butter. Remove from heat and let cool to room temperature.

Beat eggs and sugar until thick, pale, and fluffy. Beat in vanilla extract. Add cooled chocolate mixture and beat until incorporated.

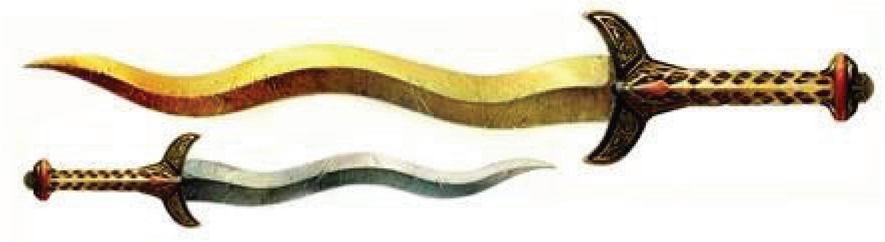
In a separate bowl whisk together flour, salt, and baking powder. Add dry ingredients to chocolate mixture, stirring just until incorporated. Cover and refrigerate until firm enough to shape into balls (several hours or even overnight).

Preheat oven to 325F and place rack in centre of oven. Line two baking sheets with parchment paper.

Place sifted confectioners' sugar in a shallow bowl. First, form the chilled dough into 1 inch (2.5 cm) balls, and then roll each ball in sugar. Make sure each ball is completely coated, with no chocolate showing through. Place the sugar-covered balls on the prepared baking sheet, spacing about 2 inches (5 cm) apart.

Bake cookies for about 8 to 10 minutes or just until edges are slightly firm but the centres are still soft. (For moist chewy cookies do not over-bake. Over-baking these cookies will cause them to be dry.) Remove from oven and place on a wire rack to cool. These cookies are best eaten the day they are baked.

Makes about 3 dozen cookies.



First Blood

Sweet, bitter, with a slightly sour twist.

- 1 oz gin
- 1/2 oz Campari
- 1/2 oz amaretto
- 1/2 oz dry vermouth
- Lemon twist for garnish

Preparation

Combine all liquid ingredients in an ice-filled shaker, stir gently for 20 – 30 seconds until cold, then strain into a chilled glass. Garnish with the lemon twist.

Madrigal

Queen Madrigal's death by stabbing at – it is assumed – the hands of the Crows triggered the naming of the Steel Age. She was found in the forest after a hunting excursion, pierced with four swords. In typical fashion, the Antivans have created a drink to commemorate yet another assassination.

- 2 oz Prosecco or other sparkling wine
- 1 oz club soda
- 2 oz Campari
- 1 large green olive, or 4 small olives

Preparation

Fill glass with ice. Add sparkling wine, club soda, and Campari. Stir gently. Garnish with olive speared with four picks.

Dalish

One might expect the Dalish to live on the most basic subsistence diet – whatever one could kill or forage. But of course it is not so; the Dalish are not the scavenging savages we are so easily led to believe. One would do well to remember that they are the descendants of the great Elven Empire, 'last of the Elvhen.' It is true that they must hunt their own game and fish, and they rely on fruits and vegetables which keep easily and long; but within these constraints they have created a sophisticated and delicious cuisine. Pity not the Dalish, for they are excellent cooks!

Breakfast Drink

A nutritious, filling breakfast. Any Dalish mother will tell you the advantages of giving her child a meal that can be held in one small container!

The are general ideas rather than definite rules – a practical advantage for a people constantly on the move. In its essence, it's equal parts liquid (yogourt + dark juice), dark fruits, and light fruits. So: 1/3 liquid, then 1/3 frozen blueberries, and/or strawberries, or cherries, then 1/3 peaches, nectarines, etc. If you use frozen fruit, you can parcel it out, set it somewhere over-night, and then blend it come morning.

4 oz (1/2 cup) plain yogourt or milk
4 oz (1/2 cup) acai, grape, or pomegranate juice (ie, dark juice of your choice)
4 oz (1/2 cup) frozen banana
4 oz (1/2 cup) frozen strawberries
4 oz (1/2 cup) frozen blueberries
4 oz (1/2 cup) frozen peaches

Preparation

Combine milk, juice, banana, strawberries, blueberries. Cover and refrigerate overnight or up to 8 hours.

In the morning, or when the fruit is partially thawed, blend until smooth. Serve immediately.

DRAGON AGE
EA BioWare

Sweet Vanilla Cream Scones

Popular with children and adults both, these sweet scones are quick to make. They're best eaten warm from the oven.

- 2 cups (9 oz) all-purpose flour
- 1 Tbsp baking powder
- 4 Tbsp sugar
- 1/2 tsp salt
- 4 Tbsp cold unsalted butter, cut into cubes
- 3/4 cup heavy cream
- 1 egg slightly beaten
- 1 tsp of vanilla
- 2 Tbsp sugar for sprinkling on top

Preparation

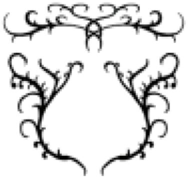
Preheat oven to 400F. Use 2 knives, a pastry blender or your fingers, mix flour, sugar, salt, baking powder, and butter until the mixture resembles coarse meal.

Transfer everything to a large bowl. Stir in heavy cream, egg, and vanilla mixing the dough by hand until it forms into a uniform and slightly moistened dough. The secret to good scones is to mix in the liquids quickly and gently. The Dalish (and the Marchers of Starkhaven) speak of needing a 'light hand.'

Gently fold the dough over on itself a few times on a very lightly floured board (this will help the finished scones hold together, and give them a light strata effect), and shape it into a big disc.

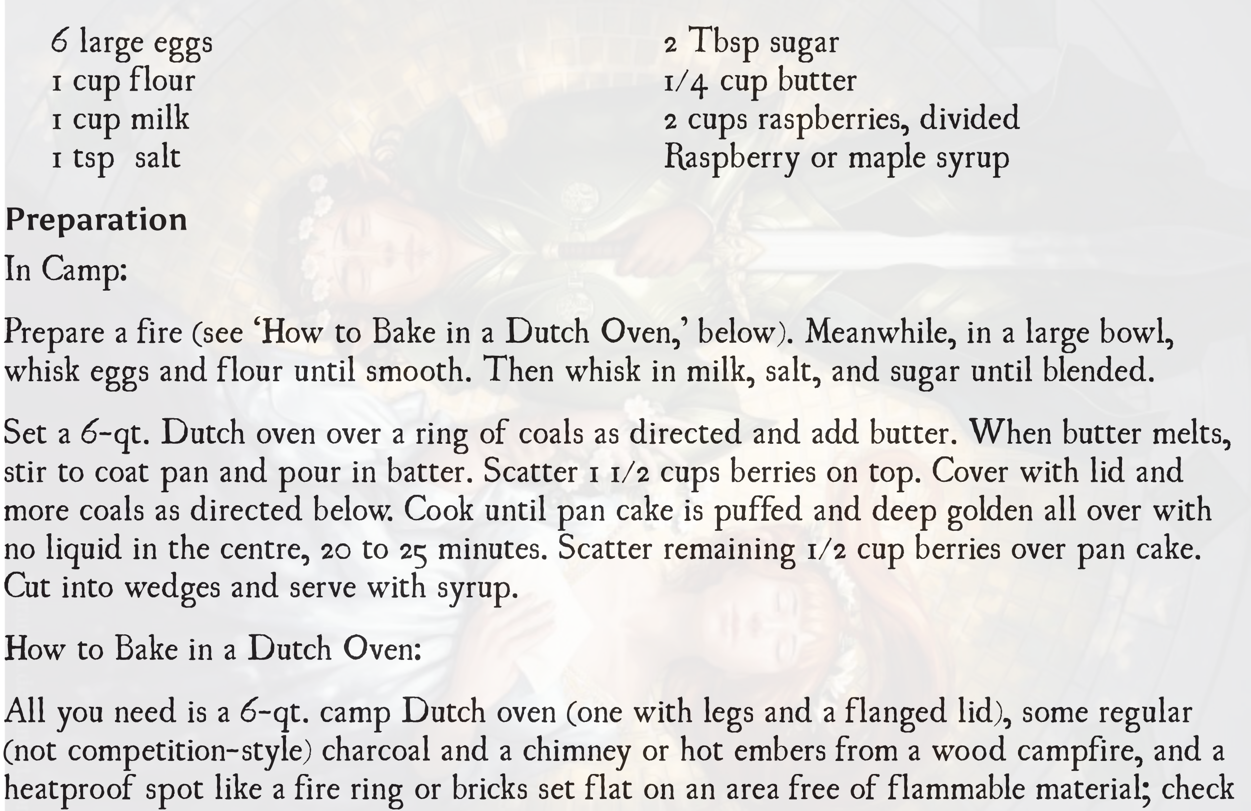
On a floured surface, very gently roll the dough in a ball. Flatten the ball and until your disk is approx. 3/4" in height. Press down the outside of the dough circle so the centre is slightly taller. Evenly sprinkle sugar on top of each circle. Cut the circle in sixths.

Bake on an ungreased cookie sheet, or line a baking sheet with parchment paper. Bake for 20-25 minutes until the bottoms are golden brown. Remove scones from baking sheet and cool on a wire rack. Serve with butter and jam. Enjoy.



Red Crossing Pan Cake

Red Crossing, site of the massacre which prompted the Second Exalted March. Of course, the Dalish tell the history quite differently, and recently new stories have circulated, regarding star-crossed lovers. I fear the romantic tales are even less likely than the opposing sides' conflicting accounts. In any case, the Dalish call this Red Crossing Cake, but none were able to tell me why.



6 large eggs
1 cup flour
1 cup milk
1 tsp salt
2 Tbsp sugar
1/4 cup butter
2 cups raspberries, divided
Raspberry or maple syrup

Preparation

In Camp:

Prepare a fire (see 'How to Bake in a Dutch Oven,' below). Meanwhile, in a large bowl, whisk eggs and flour until smooth. Then whisk in milk, salt, and sugar until blended.

Set a 6-qt. Dutch oven over a ring of coals as directed and add butter. When butter melts, stir to coat pan and pour in batter. Scatter 1 1/2 cups berries on top. Cover with lid and more coals as directed below. Cook until pan cake is puffed and deep golden all over with no liquid in the centre, 20 to 25 minutes. Scatter remaining 1/2 cup berries over pan cake. Cut into wedges and serve with syrup.

How to Bake in a Dutch Oven:

All you need is a 6-qt. camp Dutch oven (one with legs and a flanged lid), some regular (not competition-style) charcoal and a chimney or hot embers from a wood campfire, and a heatproof spot like a fire ring or bricks set flat on an area free of flammable material; check your campground's fire rules.

Prepare the fire. If using charcoal: Light 50 briquettes in a chimney and burn till they're spotted gray, 15 minutes. If using a campfire: Scrape the fire to the side, level out a space the size of the Dutch oven, and mound the hot embers nearby (2 to 3 qts. worth).

Lay a bottom ring of hot coals. The area of the coals should be slightly smaller than the circumference of the Dutch oven. Put the oven on top and set the lid in place.

Lay a ring of hot coals on top of the Dutch oven lid. Use metal tongs to arrange a single ring on top of the lid around the lip. Evenly space a few more coals across the lid. Set any extra heated fuel aside. To check the food and temperature, lift the lid occasionally.

Tweak the temperature. To decrease heat, scrape away some fuel. To increase heat, or to cook longer than 45 minutes, add 5 or 6 new coals to both the top and the bottom of the Dutch oven (touching lit ones so they'll ignite) about every 30 minutes.

Sweet Bread

Humans call this 'Dalish Bread,' but when I asked the Dalish themselves, they of course looked at me like I was a fool. It's just Bread, they informed me. What else would it be?

- 1 Tbsp dry yeast
- 1 cup water
- 3 1/2 cups (500 ml) unbleached flour
- 1/2 tsp salt
- 2 Tbsp maple syrup
- 1 egg, beaten
- 4 Tbsp unsalted butter, melted
- Egg glaze (1 egg beaten with 1 Tbsp water)
- 2 Tbsp sesame seeds, for sprinkling

Preparation

Sprinkle yeast into the water in a bowl with a pinch of sugar. Let sit for 5 minutes, and then stir to dissolve.

Mix flour and salt together. Make a well in the centre and pour in dissolved yeast. Add maple syrup, beaten egg, and melted butter into the flour well. Mix with dough hook on medium speed (or knead by hand) for about 10 minutes, or until the dough is shiny, elastic, and smooth.

Put dough in a buttered bowl, turning to coat evenly with the butter. Cover with a dishtowel. Let rise for roughly two hours, or until the bread doubles in size. Punch down the dough and let it rest for 10 minutes. Divide the dough into three equal pieces. Roll each piece into a 16" rope, tapering the ends, then braid together. Place braid onto a buttered baking sheet, cover with dishtowel, and proof until doubled in size, about 45 minutes - 1 hour.

Brush with egg glaze and sprinkle evenly with sesame seeds. Bake in a 350F oven for 45 minutes, until the loaf is richly golden and hollow sounding when tapped underneath. Cool on a wire rack.

Cauliflower Bacon Soup

Even children love this soup. Cauliflower and bacon pair very well together.

- 1/2 lb sliced bacon, cut into 1/2-inch pieces
- 1 medium onion, finely chopped (about 1 1/2 cups)
- 6 scallions, thinly sliced
- 4 medium cloves garlic, thinly sliced
- 1 quart chicken stock, plus more as needed
- 2 bay leaves
- 1 cup half & half or heavy cream
- 1 head cauliflower, cut into florets
- salt and freshly ground black pepper

Preparation

Heat bacon in a large Dutch oven over medium-high heat, stirring constantly until bacon is completely crisp. Remove from Dutch oven with a slotted spoon and set aside, leaving the fat in the Dutch oven.

Add onions, half of scallions, and garlic, and cook, stirring constantly and scraping up browned bits from the bottom of the pan until onion is softened, about 5 minutes.

Add chicken stock, bay leaves, half & half (or cream), and cauliflower. Season to taste with salt and pepper. Cover and cook until cauliflower is completely tender, about 30 minutes.

Working in batches, blend soup until completely smooth; if soup is too thick, whisk in additional hot chicken stock, 1/2 cup at a time, until you've reached the desired consistency.

Season to taste with salt and pepper and serve sprinkled with crisp bacon pieces and remaining scallions.

Beans and Greens

Healthy, tasty, and full of protein for those days when the hunters have yet to return with meat.

5 Tbsp extra-virgin olive oil, divided
3 garlic cloves, thinly sliced or cut in half
1/4 tsp dried crushed red pepper
1 large bunch greens (such as spinach, mustard greens, kale, or broccoli rabe; about 1 lb), thick stems removed, spinach left whole, other greens cut into 1-inch strips (about 10 cups packed)
1 cup vegetable or chicken broth (or less)
15 oz cannellini (white kidney beans), rinsed, drained (use whatever beans you like)
1 tsp (or more) Sherry wine vinegar (optional)

Preparation

Heat 4 Tbsp oil in a large nonstick skillet over medium heat. Add garlic and dried crushed pepper; stir until garlic is pale golden, about 1 minute. Add greens by large handfuls; stir just until beginning to wilt before adding more, tossing with tongs to coat with oil.

Add 1 cup broth, cover, and simmer until greens are just tender, adding more broth by Tbsp if dry, 1 to 10 minutes, depending on type of greens. Add beans; simmer uncovered until beans are heated through and liquid is almost absorbed, about 2 minutes. Stir in 1 tsp vinegar. Season with salt and pepper, and more vinegar if desired; drizzle with remaining 1 Tbsp oil and serve.

Grilled Lydes Sprouts with Whole-Grain Mustard

Another delicious and healthy side dish you can make at camp. I'm sorry to report that Dalish children call these 'Shemlen heads.' They are considered a great treat.

1 lb of Lydes Sprouts
2 Tbsp whole grain mustard
2 Tbsp Olive oil
Salt & pepper, to taste

Equipment needed:
Wooden skewers
BBQ or Grill pan

Preparation

Bring a large pot of water to a boil. Blanch sprouts for 3-4 minutes. Remove sprouts from boiling water and rinse with cold water (or plunge into an ice bath).

Remove sprouts from cold water and pat dry. Trim the bottom stems of the sprouts, and remove outer leaves. Mix together mustard, olive oil, salt, and pepper. In a small bowl, toss Lydes Sprouts in the mustard sauce. Allow to marinate for 30 minutes.

Once sprouts have marinated, prepare for grilling. Skewer sprouts, placing 3-4 sprouts on each skewer. (Note: Since the sprouts aren't cooked all the way through yet, they are a bit tough to skewer. You can also place the sprouts directly on the grill without a skewer, if they are large enough not to slip through the grill grate.)

When the grill is nice and hot, place the skewered sprouts on the grill. Grill for 3-5 minutes on each side, or until they are nicely charred on all sides. When ready, remove sprouts from the grill and toss with a bit more mustard sauce.

Note (1): If it's still cold and miserable where you live and you don't feel like BBQing, these Lydes Sprouts could easily be cooked on a grill pan on the stove.

Note (2): This is a very basic mustard sauce, and could easily be adapted. A touch of honey would be lovely with it, or perhaps some crushed garlic.

Roasted Onions and Beets

A slightly sweet-and-sour dressing elevates this simple side dish of roasted onions and beets. It goes well with a savoury tart, as a garnish on a plate of rice, or over sharp bitter greens.

1 lb beets
2 lbs cipollini onions
2 Tbsp extra-virgin olive oil
1/4 cup red wine vinegar
1 tsp salt, plus additional as needed
2 tsp sugar
Freshly ground black pepper

Preparation

Preheat the oven to 400F.

Peel beets and cut into bite-size chunks (roughly 3/4" cubes).

Remove a slice from the top and bottom of each onion, peel, and cut into chunks approximately the same size as beet chunks.

Put beets and onions in a roasting pan large enough to hold them in a single layer. Toss with olive oil. Whisk together vinegar, salt, sugar, and several grinds of black pepper. Pour this mixture over vegetables and toss again.

Roast, tossing occasionally, until vegetables are completely tender and caramelizing in spots, 45 minutes to 1 hour. Taste and add salt if needed. Serve hot or warm.

Fire-Roasted Vegetable Salad

The Dalish think nothing of creating first-rate fare over a simple fire.

1 garlic clove
2 Tbsp high-quality red wine vinegar
4 medium zucchini, sliced lengthwise 1/2 in. thick
3 ears corn, husks and silks removed
2 ripe tomatoes, cored
1/2 cup extra-virgin olive oil, divided
About 3/4 tsp salt, divided
About 1/2 tsp pepper, divided
2 whole onions, unpeeled
2 red bell peppers
2 yellow bell peppers
1 cup lightly packed fresh mint leaves, torn

Preparation

Build a wood fire* in a camp grill or fire ring, using about 4 logs and some kindling; let burn to medium (you can hold your hand 5 in. above cooking grate only 5 to 7 seconds), about 1 hour. Adjust fire so there's a thick area of embers and smaller logs in the middle and larger logs to the sides.

Smash garlic, put in a small bowl with vinegar, and set aside. In a large bowl, toss zucchini, corn, and tomatoes with 2 Tbsp oil, 1/2 tsp salt, and 1/4 tsp pepper. Place onions in embers between some smaller logs and cook, turning every 10 minutes or so, until completely black and soft when squeezed with tongs, 25 to 40 minutes.

Meanwhile, set peppers on embers and cook, turning every few minutes, until completely charred, about 20 minutes. Transfer vegetables to a board and let cool.

Set cooking grate in place, if using a portable one. Grill zucchini, corn, and tomatoes (in batches, if needed), turning occasionally, until grill marks appear, 5 to 35 minutes, depending on distance from fire. Pull off blackened outsides from onions and peppers. Cut corn kernels from cobs into large bowl. Cut remaining vegetables into slices or strips, discarding seeds; add to bowl.

Stir remaining 6 Tbsp oil into vinegar with remaining 1/4 tsp each salt and pepper. Toss gently with vegetables, add mint, and more salt and pepper if you like.

*Or cook all the vegetables over (but not in) a medium (350F to 450F) charcoal fire, adding 8 briquettes every 30 minutes.

Slow-Cooker and Sweet Pepper Steak

Cooked slowly over the course of the day, even the toughest meat becomes fork-tender. Dalish can cook this while on the move – they have small stoves they will use while travelling – but most commonly this is made while camping for a time in one spot.

- 2 lbs beef sirloin, cut into 2 inch strips
- 3 Tbsp vegetable oil
- 1 cube beef bouillon
- 1/4 cup hot water
- 1 Tbsp cornstarch
- 1/2 cup chopped onion
- 2 large green bell peppers, roughly chopped
- 1 (14.5 oz) can diced tomatoes, with liquid
- 3 Tbsp soy sauce
- 1 tsp white sugar
- 1 tsp salt

Preparation

In a large skillet over medium heat, heat the vegetable oil and brown the seasoned beef strips. Transfer to a slow cooker.

Mix bouillon cube with hot water until dissolved, then mix in cornstarch until dissolved. Pour into the slow cooker with meat. Stir in onion, green peppers, stewed tomatoes, soy sauce, sugar, and salt.

Cover, and cook on High for 3 to 4 hours, or on Low for 6 to 8 hours.

Mulled Wine

In the evening, this is the drink to enjoy during the long, enchanting storytelling sessions. This recipe is a fairly rough guide, for when I asked my hosts what they added to the wine, they said, 'Whatever we like.'

1 bottle red wine (not too dry or sweet)
1 bay leaf
3 whole cloves (no more or it will make your mouth numb)
2 cinnamon sticks
2 star anise (if you like it)
Dash of cardamom
Juice and torn-up peel (but NOT pith) of two mandarin oranges
Brown sugar/honey/maple syrup/all of the above to taste, about 1/3 - 1/2 cup)
Few glugs sherry
Few glugs rum

Preparation

Put everything except the sherry and rum into a pot and heat slowly. Do NOT let it boil or it will affect the taste. If you have time, bring it up to very-warm, turn off the heat, cover, and let sit for a long while so the spices can steep. Remove spices and orange. Add sherry and rum. Taste and adjust for sweetness and tartness. Warm up. Drink.

Ferelden

Ferelden, land of dogs and boiled food. How any nation can be so enamoured with both is a mystery none in Thedas has been able to solve.

It is not a completely hopeless place for such as you and me, however. There are culinary surprises for those who are willing to brave the Bland Land. They are of course known for their cheeses, and the Bannorn is famous for its apples, but believe it or not, the country enjoys one of the greatest flavours in all Thedas.

Ferelden is mad for a sweet syrup, the making of which they learned, according to their own accounts, from a friendly Dalish clan several generations ago. It's made from the sap of certain maple trees, which is boiled (*of course*) and reduced until it resembles dark honey. It is sweeter than honey, however, and has its own peculiar flavour. I must admit, Dear Reader, that in this I am wholeheartedly with the Dog Lords.

So despair not: One need not subsist on gruel or boiled Maker-knows-what in Redcliffe or Denerim.

Classic Ferelden Stew

Here, then, is the most basic, classic Ferelden stew. If you have visitors from Ferelden, even King Alistair himself, this is how to win them over:

Throw beef chunks, old carrots, wilted celery, tough onions, and wrinkly peas into a pot with twelve cups of water. Perhaps throw in some dishrags for an attempt at flavour. Boil for ten hours.

Classic Ferelden Vegetables (Various)

Carrots: boil until mushy

Peas: boil until mushy

Cabbage: boil until mushy

Potatoes: boil until mushy

Turnips: boil until mushy

Beets: boil until mushy

Cauliflower: boil until mushy

Peppers: boil until mushy

Parsnips: boil until mushy

Lydes Sprouts: boil until mushy

Broccoli: boil until mushy

Asparagus: boil until mushy

Squash: boil until mushy

Boiled Beef with Carrots

A more palatable version of basic Ferelden stew. I implore you, Dear Reader, use this version instead.

- 2kg beef brisket
- Bundle of parsley
- 3 ribs celery, chopped in large pieces
- 8 medium carrots, peeled
- 2 small onions, peeled
- 2 bay leaves
- 6 black peppercorns
- A large pinch of salt

To serve:

- 1kg potatoes, boiled

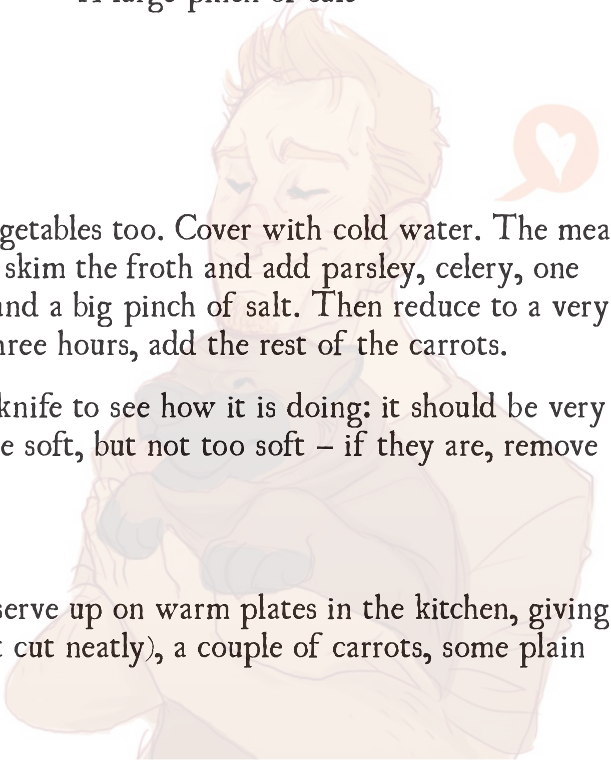
Preparation

Put the meat in a pot big enough for the vegetables too. Cover with cold water. The meat must be fully submerged. Bring to the boil, skim the froth and add parsley, celery, one carrot, one onion, bay leaves, peppercorns and a big pinch of salt. Then reduce to a very gentle simmer for about four hours. After three hours, add the rest of the carrots.

After about 3 1/2 hours, prod meat with a knife to see how it is doing: it should be very tender. Check vegetables too: they should be soft, but not too soft – if they are, remove them until the meat is done.

To serve with potatoes:

Because the meat is best kept in its broth, serve up on warm plates in the kitchen, giving everyone a couple of slices of beef (it won't cut neatly), a couple of carrots, some plain boiled potatoes and a ladle of broth.



Poor Knights of Redcliffe

During the Fifth Blight, the village of Redcliffe suffered a prolonged and devastating attack by a desire demon. The demon raised the bodies of the local dead to fight the village's inhabitants. The community was for a long while helpless save for the brave efforts of the exhausted Redcliffe Knights. This indulgent breakfast was named for them.

4 slices day-old white bread
2 Tbsp caster sugar
150 ml milk
1 Tbsp sweet sherry
1 Tbsp white wine
4 egg yolks, beaten
75 g butter
1 tsp ground cinnamon
4 tsp strawberry or raspberry jam

Preparation

Remove the crusts from the bread and cut each slice in half.

Place 1 Tbsp of sugar, the milk, white wine and sherry in a shallow dish and stir to dissolve the sugar.

Place egg yolks in a shallow dish and beat well, then dip the slices of bread in milk mixture and then into the egg yolks.

Melt butter in a large frying pan and fry bread until golden brown on both sides. Drain well and keep hot while the remaining pieces are fried.

To serve - sprinkle with sugar and cinnamon and serve hot with strawberry or raspberry jam.

Bubble and Squeak

There is a revolting tale told by the street urchins of Denerim: that the well next to the market Chantry is the haunt of a terrible creature, a sewer-dwelling cannibal which lures the unsuspecting to the edge. The victim is captured, drowned in the well, mashed up with algae, and then fried for supper. They bubble away as they drown, and sizzle and squeak as they fry. This dish is named after that.

Ignore this ghastly absurdity, which serves only to illustrate the gruesome imagination of children. The name is – obviously – quite simply the description of the food cooking in the pan.

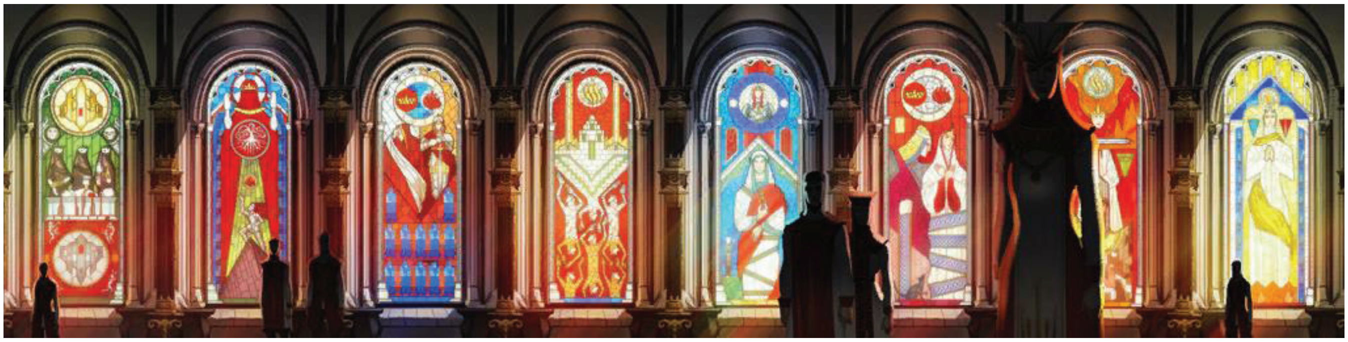
1 Tbsp duck fat, goose fat or butter
4 rashers streaky bacon, chopped
1 onion, finely sliced
1 garlic clove, chopped
15-20 cooked Lydes sprouts, sliced, or leftover boiled cabbage, shredded
400g cold leftover mashed potatoes, or cold crushed boiled potatoes

Preparation

Melt the fat in a pan, allow to get nice and hot, then add bacon. As it begins to brown, add onion and garlic. Next, add sliced sprouts or cabbage and let it colour slightly.

All this will take 5-6 min.

Next, add the potato. Work everything together in the pan and push it down so that the mixture covers the base of the pan – allow the mixture to catch slightly on the base of the pan before turning it over and doing the same again. It's the bits of potato that catch in the pan that define the term 'bubble and squeak', so be brave and let the mixture colour. Cut into wedges and serve.



Cheese Sauce

The most popular cheeses in Thedas come from Ferelden. The local people make this sauce to go with many things, including toast and boiled (*sigh*) vegetables.

1 lb Cheddar cheese
2 Tbsp butter
2 Tbsp light ale
1 tsp Ferelden mustard
1/2 tsp West Hill sauce
Salt to taste
Freshly ground pepper to taste

Preparation

Grate cheese coarsely. There should be about two cups.

Melt butter in a heavy saucepan and add cheese. Stir briefly and add ale. Continue cooking over low heat, stirring, until cheese is thoroughly melted and smooth. Add mustard, West Hill sauce, salt and pepper.

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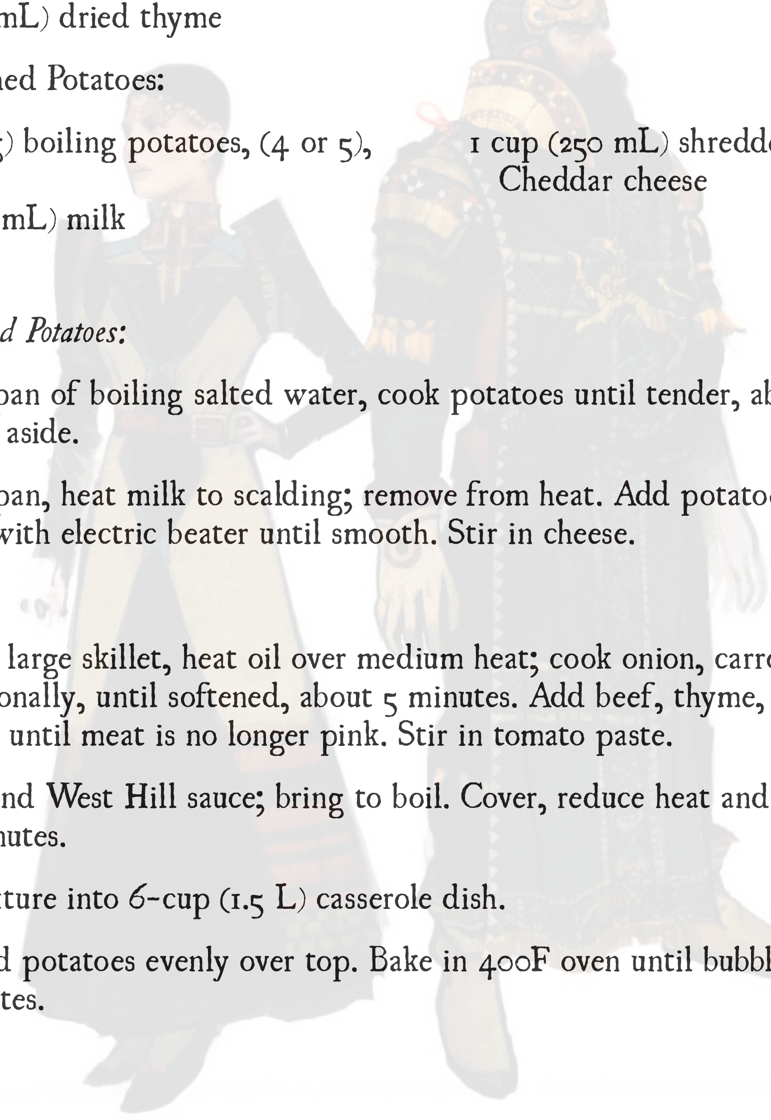
Cheddar Cheese Cottage Pie

1 Tbsp (15 mL) vegetable oil
1 onion, diced
2 large carrots, peeled and diced
2 cloves garlic, minced
1 lb (454 g) lean ground beef
1/2 tsp (2 mL) dried thyme
1/4tsp (1 mL) salt
1/4tsp (1 mL) pepper
2 Tbsp (30 mL) tomato paste
1-1/3cups (325 mL) beef broth
1 Tbsp (15 mL) West Hill sauce

Cheddar Mashed Potatoes:

2 lb (907 g) boiling potatoes, (4 or 5), peeled
1 cup (250 mL) milk
1 cup (250 mL) shredded extra-old Cheddar cheese



Preparation

Cheddar Mashed Potatoes:

In large saucepan of boiling salted water, cook potatoes until tender, about 10 minutes. Drain and set aside.

In same saucepan, heat milk to scalding; remove from heat. Add potatoes; mash with potato masher. Beat with electric beater until smooth. Stir in cheese.

Meat:

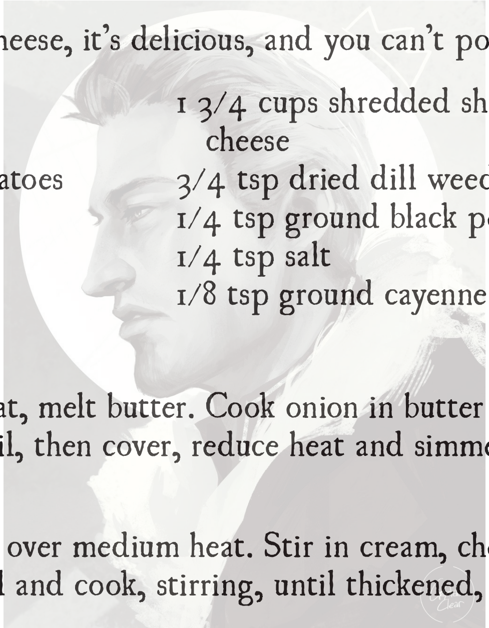
Meanwhile, in large skillet, heat oil over medium heat; cook onion, carrots and garlic, stirring occasionally, until softened, about 5 minutes. Add beef, thyme, salt and pepper; cook, stirring, until meat is no longer pink. Stir in tomato paste.

Stir in broth and West Hill sauce; bring to boil. Cover, reduce heat and simmer over medium heat for 15 minutes.

Pour meat mixture into 6-cup (1.5 L) casserole dish.

Spread mashed potatoes evenly over top. Bake in 400F oven until bubbly and browned, about 20 minutes.

Cheesiest Potato Soup



A gem of Ferelden cooking: it has cheese, it's delicious, and you can't possibly overcook it.

2 Tbsp butter
1 cup diced onion
2 1/2 cups peeled and diced potatoes
3 cups chicken broth
1 cup heavy cream
1 3/4 cups shredded sharp Cheddar cheese
3/4 tsp dried dill weed
1/4 tsp ground black pepper
1/4 tsp salt
1/8 tsp ground cayenne pepper

Preparation

In a large saucepan over medium heat, melt butter. Cook onion in butter until softened. Stir in potatoes and broth, bring to a boil, then cover, reduce heat and simmer 15 to 20 minutes, until potatoes are tender.

Puree potato mixture; return to pot over medium heat. Stir in cream, cheese, dill, pepper, salt and cayenne. Bring to a low boil and cook, stirring, until thickened, 5 minutes.

Cauliflower Cheese

1 cauliflower, cut into florets
1/2 lb sausage, broken apart
1 1/2 Tbsp vegetable oil

Cheese Sauce:

4 Tbsp butter
4 Tbsp flour (or corn starch)
1 1/4 cups milk (may not need all of this)
1 1/2 cups sharp cheddar cheese, grated (divided)
1 tsp ground black pepper (to taste)
1/2 tsp salt (to taste)

Preparation

Pre-heat oven to 350F. In a medium skillet heat oil and, brown sausage and set aside (drain if needed). Bring a pot of water to boil. Add cauliflower florets to the pot and boil for 3 minutes. Drain and rinse florets with cold water. Set aside.

In a medium saucepan, melt butter; add flour and cook until light yellow and pasty-looking. Add milk a little at a time and stir until slightly thickened. Remove from heat and add 1 cup of cheese, salt and pepper and stir until well blended.

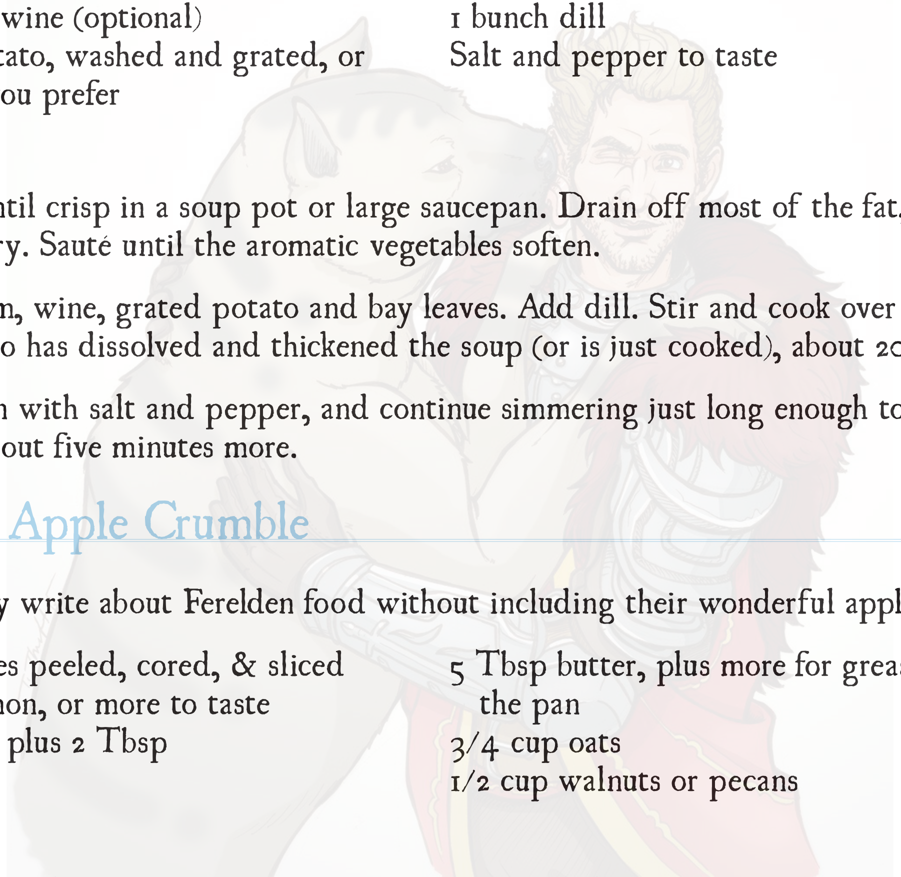
Fold cauliflower and smoked sausage into cheese sauce, coating well. (Or, if you prefer, line the bottom of the dish with sausage and put the cauliflower and cheese sauce on top.) Place into a greased 2-quart rectangle or a 8 x 8 square baking dish.

Sprinkle top with remaining cheese (sprinkle with paprika if desired), and bake for 30 minutes or until golden brown.

Seafood Chowder with Dill

A recipe suitable for a noble, but accessible to anyone. Chowders are very malleable – use whatever seafood you prefer. Milk can be tricky for simmering, so feel free to substitute water and whipping cream ratios.

- 1/2 lb(s) bacon, chopped
- 2 onions, chopped
- 3 stalks celery, chopped
- 3 cup milk
- 3 cup 35% heavy whipping cream
- 1 cup white wine (optional)
- 1 baking potato, washed and grated, or diced if you prefer
- 2 or 3 bay leaves
- 1 lb(s) fresh salmon and halibut pieces, or any other fresh fish
- 1 lb(s) shrimp, peeled and de-veined
- 1/2 lb scallops
- 1 bunch dill
- Salt and pepper to taste



Preparation

Brown bacon until crisp in a soup pot or large saucepan. Drain off most of the fat, then add onions and celery. Sauté until the aromatic vegetables soften.

Add milk, cream, wine, grated potato and bay leaves. Add dill. Stir and cook over medium heat until potato has dissolved and thickened the soup (or is just cooked), about 20 minutes.

Add fish, season with salt and pepper, and continue simmering just long enough to cook the fish through, about five minutes more.

Rainesfere Apple Crumble

Once can hardly write about Ferelden food without including their wonderful apples.

- 6 cups apples peeled, cored, & sliced
- 1 tsp cinnamon, or more to taste
- 1 cup sugar, plus 2 Tbsp
- 5 Tbsp butter, plus more for greasing the pan
- 3/4 cup oats
- 1/2 cup walnuts or pecans

Preparation

Heat oven to 375F. Toss fruit with half the cinnamon and 2 Tbsp sugar, and spread it in a lightly buttered 8-inch square or 9-inch round baking pan.

Soften butter slightly, toss together dry and work butter in with fingertips, a pastry blender or a fork. Spread topping over apples, and bake about 40 minutes, until topping is browned and apples are tender. Serve hot, warm or at room temperature.

Rainesfere Apple Cake

- 6 Tbsp unsalted butter, at room temperature, plus extra for greasing the dish
- 1 1/4 Granny Oswin apples, peeled and sliced into 12 pieces
- 1 3/4 cups granulated sugar
- 2 extra-large eggs at room temperature
- 1/3 cup sour cream
- 1/2 tsp grated lemon zest
- 1/2 tsp pure vanilla extract
- 1 cup plus 2 Tbsp all-purpose flour
- 1/2 tsp baking powder
- 1/4 tsp salt
- Confectioners' sugar

Preparation

Preheat oven to 350F.

Generously butter a 9-inch glass pie dish and arrange apples in the dish, cut side down.

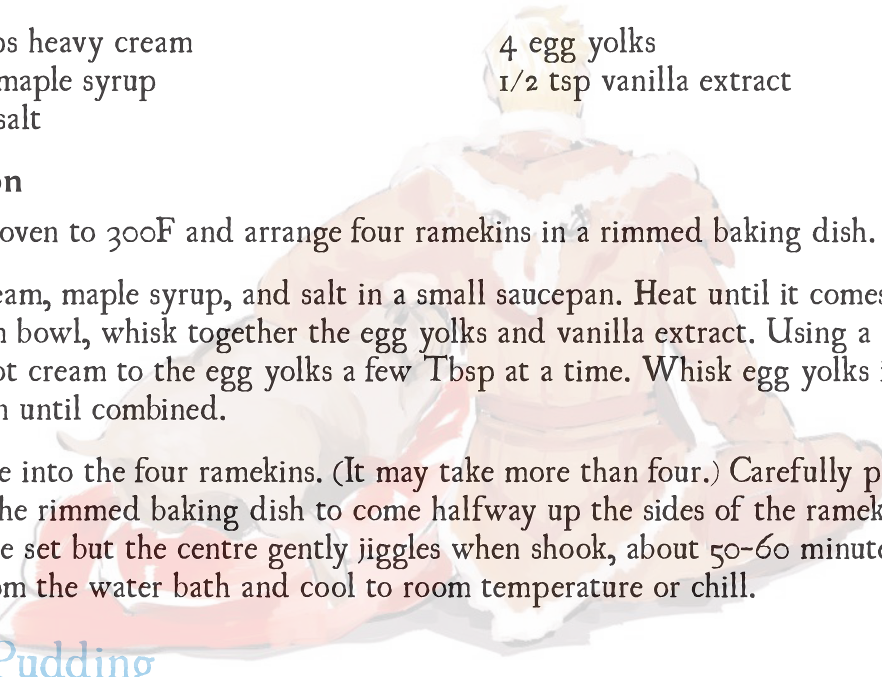
Combine 1 cup granulated sugar and 1/3 cup water in a small saucepan and cook over high heat until it turns a warm amber color, about 360F on a candy thermometer. Swirl the pan but don't stir. Pour evenly over the apple slices.

Meanwhile, cream 6 Tbsp of butter and the remaining 3/4 cup of granulated sugar until light and fluffy. Beat in eggs 1 at a time. Add sour cream, zest, and vanilla, and mix until combined. Sift together flour, baking powder, and salt, and add it to the butter mixture. Mix only until combined.

Pour cake batter evenly over apple slices and bake for 30 to 40 minutes, until a cake tester comes out clean. Cool for 15 minutes, then invert the cake onto a flat plate. If an apple slice sticks, ease it out and replace it in the design on top of the cake. Serve warm or at room temperature, dusted with confectioners' sugar.

Dalish Custard

This custard is simple to make and utilises the Dalish syrup Fereldens adore. The result is heavenly.



1 1/2 cups heavy cream
1/2 cup maple syrup
1/4 tsp salt
4 egg yolks
1/2 tsp vanilla extract

Preparation

Preheat the oven to 300F and arrange four ramekins in a rimmed baking dish.

Combine cream, maple syrup, and salt in a small saucepan. Heat until it comes to a simmer. In a medium bowl, whisk together the egg yolks and vanilla extract. Using a small ladle, add some hot cream to the egg yolks a few Tbsp at a time. Whisk egg yolks into cream in the saucepan until combined.

Pour mixture into the four ramekins. (It may take more than four.) Carefully pour enough hot water into the rimmed baking dish to come halfway up the sides of the ramekins. Bake until the edges are set but the centre gently jiggles when shook, about 50-60 minutes. Remove the ramekins from the water bath and cool to room temperature or chill.

Dalish Pudding

4 cups milk
1/2 cup cornmeal
2 Tbsp butter
1/2 cup molasses
1/2 cup maple syrup
1 tsp salt
1/2 tsp cinnamon
1/2 tsp ginger
Pinch nutmeg
2 eggs, well beaten

Preparation

Preheat oven to 325F. Butter a 2-quart casserole dish.

In a medium pot, bring milk to a gentle simmer. Very slowly whisk in cornmeal briskly to prevent clumping. Cook for 20 minutes, adjusting heat to maintain a gentle simmer, until mixture has thickened and coats the back of a spoon well. Remove from heat. Stir in butter, molasses, maple syrup, salt, and spices until well blended. Temper the eggs (that is, slowly whisk in about 1/4 cup of the hot pudding mixture to the beaten eggs), then return tempered mixture to the pot. This prevents the eggs from scrambling.

Pour mixture into a buttered casserole dish and bake about 1 1/2 hours, until centre is set (the centre will still be soft, but you don't want it to look liquid). Let sit at least 20 minutes before eating.

Dalish Tarts

Did I not say you would be surprised by the Fereldens? Here is the greatest surprise of all. They have taken an Orlesian recipe and bettered it! It's true. They replace the dark sugar the Orlesians prefer with their glorious Dalish syrup. It is divine.

16 (3") unbaked tart shells
1 cup raisins
3/4 cup brown sugar
1/4 cup butter, softened
2 eggs
1/2 cup maple syrup
1 Tbsp all-purpose flour
1 Tbsp vanilla extract
1 pinch salt

Preparation

Preheat oven to 350F. Place tart shells on a baking sheet; sprinkle raisins evenly into the bottom of tart shells.

Beat brown sugar and butter together in a bowl until smooth; whisk in eggs, maple syrup, flour, vanilla extract, and salt. Fill each tart shell 3/4 full with maple syrup mixture.

Bake in the preheated oven until filling is set and shells are golden, about 16 minutes. Turn the baking sheet halfway through the baking time for even baking.

Hobnobs

It is said that the King himself is a fan of these simple traditional Ferelden cookies.

3 cups whole oats, crushed a little
1 cup all-purpose flour
1 cup brown sugar, packed
1 cup butter
3/4 tsp baking soda
1/2 tsp water
1 tsp salt
coarse sugar

Preparation

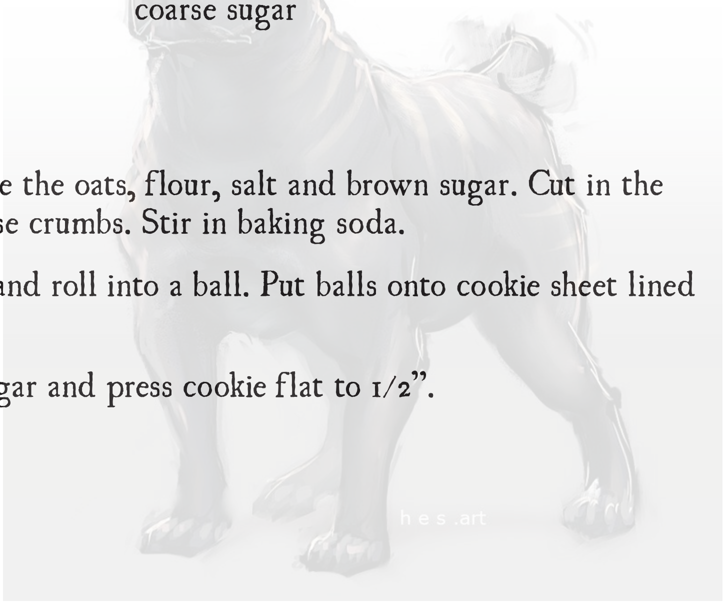
Preheat oven to 375F.

Dissolve baking soda in water. Combine the oats, flour, salt and brown sugar. Cut in the butter until the mixture resembles coarse crumbs. Stir in baking soda.

Using a tablespoon, scoop a spoonful and roll into a ball. Put balls onto cookie sheet lined with parchment paper.

Dip bottom of flat glass into coarse sugar and press cookie flat to 1/2".

Bake at 375F for 12 to 15 minutes.



Apple Ginny

Fereldens love their apples, so it is only to be expected that they have a number of drinks featuring them. Ciders are very popular, and varieties are found throughout the country. This recipe features fresh apple juice, however, and that very Ferelden spirit, gin.

2 oz dry gin
1 oz fresh apple juice
1/2 oz fresh lime juice
1/2 oz honey

Preparation

Add all the to a shaker and fill with ice.

Shake, and strain into a rocks glass filled with fresh ice.

Garnish with an apple slice.

Free Marches

The Free Marches are notorious for their obsession with their 'fierce independence' and outlandish ideas about political freedom. With the possible exception of Starkhaven, there is no one culture in the Marches; rather, they are a mishmash of traditions and adopted habits. Fortunately for the culinary traveller, the result is a people with no qualms about experimenting with any foodstuffs that happen across their many borders. They will happily mix Orlesian and Ferelden dishes together onto their own Marcher plate, with none of the distaste the Maskers and Dog Lords would have over such blasphemy. Thinking of adding Rivaini spices to a Ferelden stew? The Marchers have already perfected it.

Chocolate Bread

Savoury, not sweet – this is a sturdy bread, excellent with soups or cold meats, or just with butter and honey.

2 tsp dry yeast
1 1/4 c water
4 Tbsp sugar
3 c flour
1/2 c cocoa
1 1/2 tsp salt

Preparation

Sprinkle yeast in 1/2 cup water. Let sit 5 minutes and add sugar and stir to dissolve. Sift flour, cocoa and salt in large bowl. Make a well in the centre of the flour, and pour in the dissolved yeast.

Pour about half the remaining water into the well. Mix in the flour from the sides, and stir in reserved water as needed to form a stiff dough. Knead until smooth and elastic. Put dough in greased bowl, and cover. Let rise until doubled in size, about 1 hour. Punch down, and let rest 10 minutes.

Shape dough into round loaf. Place on lightly floured baking sheet and cover. Proof until doubled, about 45 minutes.

Preheat oven to 425F. Dust loaf with cocoa. Use a series of slashes, 1/2-inch deep, across the top of the loaf (four Xs). Bake 45 minutes or until hollow sounding. Cool on a wire rack.

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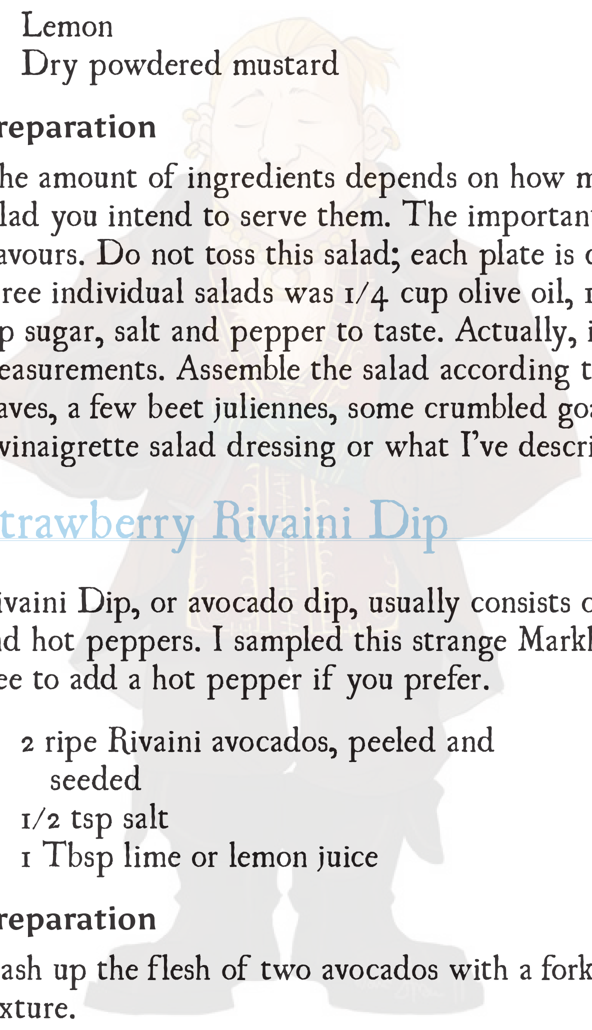
Arugula Salad with Beets and Goat Cheese Recipe

For the Salad:

Beets - (boiled until a fork easily goes in it, about an hour), peeled, sliced into strips
Fresh arugula
Goat cheese
Walnuts – chopped

Dressing ingredients:

Olive oil
Lemon
Dry powdered mustard
Sugar
Salt and pepper



Preparation

The amount of ingredients depends on how many people you are serving and how much salad you intend to serve them. The important thing is that this is a good blend of flavours. Do not toss this salad; each plate is composed individually. The dressing for three individual salads was 1/4 cup olive oil, 1/2 lemon, 1/4 tsp powdered mustard, 3/4 tsp sugar, salt and pepper to taste. Actually, it is all to taste. These are only approximate measurements. Assemble the salad according to how much you want. A handful of arugula leaves, a few beet juliennes, some crumbled goat cheese, garnish with chopped walnuts. Use a vinaigrette salad dressing or what I've described above.

Strawberry Rivaini Dip

Rivaini Dip, or avocado dip, usually consists of mashed avocado, onion, lemon or lime juice, and hot peppers. I sampled this strange Markham version in a tiny tavern in Hambleton. Feel free to add a hot pepper if you prefer.

2 ripe Rivaini avocados, peeled and seeded
1/2 tsp salt
1 Tbsp lime or lemon juice
1/4 cup minced red onion
1 cup chopped cored strawberries
2 Tbsp chopped cilantro (optional)

Preparation

Mash up the flesh of two avocados with a fork. Don't overdo it: the mash should have some texture.

Stir in lime juice and salt. Stir in red onion, and most of the strawberries (reserve a few chopped strawberries for the top).

Taste and adjust salt and lime juice if needed. Rivaini dip is all about balance of the creamy flesh of the avocado with the acid in the lime and the salt.

Serve topped with remaining chopped strawberries. Serve with corn chips.

Wycome Broccoli with Ginger

Ginger is prevalent in Rivain, but less so elsewhere. The Marchers, in typical fashion, pair it with common vegetables, to excellent effect. In Wycome, this is considered 'regular' broccoli.

1 Tbsp sesame seeds
1/2 cup chicken or vegetable
1 Tbsp soy sauce
1 Tbsp dark sesame oil
cooking oil
1 lb broccoli florets, rinsed, patted dry, cut into bite-sized pieces
2 cloves of garlic, minced
1 Tbsp minced fresh ginger

Preparation

Toast sesame seeds by first heating a small, sauté pan on medium high heat. Add sesame seeds and jiggle the pan so they spread out in a single layer. Let seeds cook until lightly browned, stirring occasionally, about 2-3 minutes. Do not walk away from them while cooking, as once they start to brown they can easily burn. Once lightly toasted, remove from heat and put into a small bowl.

Mix stock, soy sauce, and dark sesame oil together in a small bowl, set aside.

Heat 1 Tbsp of peanut oil (or canola or other high smoke point oil) in a large sauté pan on medium high heat. Add broccoli florets and stir to coat the florets with the oil. Sauté for about a minute.

Clear a space in the middle of the broccoli and add ginger and garlic. Add a little more oil to ginger and garlic (about a tsp) and sauté for half a minute, stirring just the garlic and ginger, until fragrant. Then stir garlic and ginger in with broccoli.

Add stock and soy sesame oil mixture to the pan. Bring to a simmer, reduce the heat and cover. Let cook for 2-3 minutes, until broccoli is still firm, but can be pierced with a fork. Remove from heat.

Remove broccoli with a slotted spoon to a bowl. Return pan to heat, increase heat to high and boil down the liquid until just a couple Tbsp remain.

Turn off heat, return broccoli to the pan, add the toasted sesame seeds, toss with the liquid. Put into a serving bowl.

Hightown Leeks

In Hightown in Kirkwall, the great trading city of the Marches, I was presented with this delightful side dish. The Orlesian influence is obvious in the treatment of these leeks.

4-6 leeks
1 garlic clove, minced
3-4 Tbsp unsalted butter
Salt
2 tsp fresh thyme or 1 tsp dried
1 tsp sugar
1 bay leaf
1 cup white wine or vegetable stock
1/4 cup parsley, chopped

Preparation

Cut off ends of the leeks until you get to the shank; a little of the light green part is fine, but not too much. Slice through the shank of the leek lengthwise until you get to the root end—do not cut through the root just yet. Clean leeks under cold running water, as leeks are usually dirty. Once leeks are free of any dirt or grit, cut through root to make two long pieces of leek.

Get a sauté pan large enough to hold leeks in one layer and heat butter in it over medium-high heat. When butter has melted and begins to foam, turn heat down to medium and add minced garlic and then leeks, cut side down. Cook for 1-2 minutes, just to get them a little browned and to let butter get into the leeks. Turn over and sprinkle with salt, then cook the other side for 1-2 minutes.

Turn leeks back over so the cut side is down, sprinkle leeks with sugar, thyme leaves, and a touch more salt. Add white wine with bay leaf and bring to a gentle simmer. Cover and cook 35-45 minutes over medium-low heat.

When leeks are tender enough so that a knife blade pierces them easily, uncover the pot and bring braising liquid to a rolling boil. Let this reduce by half, then turn off the heat. Add parsley, swirl it around, and serve.

Sautéed Chard with Parsnip

2 Tbsp olive oil
2 cloves garlic, minced
1 large bunch chard, thoroughly rinsed, thick centre stem removed, leaves cut into 1/2-inch wide ribbons
1 medium-sized parsnip root, peeled to remove the outer skin, then completely peeled into ribbons using the vegetable peeler (except for centre if tough)
Salt and pepper
A drizzle of balsamic vinegar or lemon juice

Preparation

Sauté garlic in olive oil. Heat olive oil in a large sauté pan on medium high heat. Add the minced garlic and cook for 1 minute, or until fragrant.

Add chard and parsnip ribbons: Add the chard and ribbons of parsnip to the pan. Use tongs to turn over in the pan to coat with the olive oil and garlic. Keep turning until the chard begins to wilt. Sprinkle with salt and pepper. Lower the heat to low and cover the pan for a couple minutes.

Drizzle with a little balsamic vinegar or lemon juice to serve.

Chicken with Thyme and Sweet Potato

Like many Marcher dishes, what sounds like an odd mix of different flavours turns out to be very good indeed.

- 8 bone-in skinless chicken thighs
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 tsp canola oil
- 2 onions, sliced
- 2 garlic cloves, minced
- 1/2 tsp dried thyme
- 1 Tbsp all-purpose flour or cornstarch
- 1 c apple cider or apple juice
- 2 sweet potatoes
- 1 Tbsp (15 mL) chopped fresh parsley

Preparation

Trim any fat from thighs; sprinkle with salt and pepper. In large skillet, heat oil over medium-high heat; brown thighs. Remove to plate.

Drain any fat from pan. Add onions, garlic and thyme; cook over medium heat, stirring occasionally, until softened, about 5 minutes. Sprinkle with flour; cook, stirring, for 1 minute. Add cider; bring to boil, scraping up any brown bits from bottom of pan. Return chicken, fleshier side down, and any accumulated juices to pan. Reduce heat to medium-low; cover and simmer for 10 minutes.

Meanwhile, peel and cut potatoes into 1-inch (2.5 cm) cubes; add to pan. Turn chicken over; simmer, covered, until juices run clear when chicken is pierced and potatoes are tender, about 30 minutes. Sprinkle with parsley.

Better Than Ferelden Beef Stew

As promised, Ferelden beef stew, with Rivaini influences. Should you be offered this in The Hanged Man tavern in Kirkwall, however, politely decline if you have any means of doing so – any at all.

3 sprigs thyme
1/3 cup all-purpose flour
1/4 tsp ground allspice
salt and pepper to taste
2 lb beef stew
1 lb Yukon gold potatoes, quartered
5 medium carrots, cut crosswise into 1/2 inch pieces
1-inch piece ginger, peeled and finely chopped
1 clove garlic, finely chopped
2 tsp West Hill sauce
14.5 oz diced tomatoes

Preparation

Strip leaves from 1 sprig thyme ; combine with flour and allspice, salt and pepper. Add beef and toss to coat. Place potatoes, carrots, the remaining two thyme sprigs, ginger, and garlic into a 5-6 quart slow cooker. Add the beef, reserving any flour in the bowl.

Whisk 1/2 cup water and West Hill sauce into reserved seasoned flour, then add it to the slow cooker. Pour tomatoes on top. Cook on low for 7 hours or on high for 4 hours.

Raider Risotto

The Antivans would doubtless be appalled by this treatment of one of their signature foods; the Marchers don't care one jot. In Hercinia, where I was treated to this coffee-infused dessert, they joke that it's useful for the Night Watch while they keep an eye out for pirate raids.

1 1/2 Tbsp instant coffee granules
1 vanilla bean, split
1/2 c Risotto Rice
2 c milk
1/2 cup caster sugar
2 Tbsp unsalted butter
250ml thick cream
60ml brandy
Thin cream, to serve

Preparation

Place coffee in a saucepan with 1 cup water and vanilla bean; bring to the boil. Add rice, then turn off heat and allow to soak for 5 minutes. Return rice to low heat, add the milk and cook very gently, stirring occasionally until rice is tender. Add sugar, butter, cream and brandy, and cook over low heat, stirring for a further 5 minutes.

Remove vanilla bean.

Drizzle with the cream and serve immediately.

Lavender Custard

Lavender grows in Tantervale; here, it is a delicate addition to sweet custard. An elegant dessert.

Custard:

3/4 tsp fresh lavender buds, rinsed (or 1/4 tsp dried)	2 Tbsp honey
3/4 cup milk	1 tsp cornstarch
2 large egg yolks	1/2 tsp vanilla extract

Fruit and Topping:

4 medium plums, pitted and cut into eighths	2 Tbsp sugar

Preparation

For the custard:

Heat milk in a small heavy saucepan over medium heat until steaming. Remove from heat. Add lavender, cover and let steep for 30 minutes.

Strain milk through a fine sieve into a medium bowl. Return the milk to the saucepan and reheat until steaming.

Whisk egg yolks, honey and cornstarch in a medium bowl until smooth. Gradually add the hot milk, whisking until blended. Return the mixture to the saucepan. Cook over medium heat, whisking constantly, until slightly thickened and starting to bubble gently, 1 1/2 to 2 minutes. Transfer to a clean bowl. Whisk in vanilla. Cover loosely and refrigerate until chilled, about 1 hour.

To prepare fruit & topping: Preheat broiler. Coat an 11x7" oval gratin dish or 4 individual gratin dishes with cooking spray. Spoon custard evenly into the dish or dishes. Arrange plums on their sides, slightly overlapping, in a single layer over custard. Sprinkle sugar evenly over plums. Broil until plums are lightly caramelized, 5 to 7 minutes. Serve immediately.

Ostwick Magic Cake

One must respond carefully when offered something called 'Magic Cake,' especially so close to one of the Circles. But there is nothing to fear here, Dear Reader. In the baking, the batter forms three different, delectable layers. *Like* magic, but not, in fact, actually magic.

The Grand Tourney

4 eggs, room temperature, separated
1 tsp vanilla extract
3/4 cup sugar
1/2 cup butter, melted
3/4 cup all-purpose flour
2 cups milk lukewarm
powdered sugar for dusting

Preparation

Preheat oven to 325F. Grease an 8 inch x 8 inch baking dish.

Beat egg whites until stiff. Place in a bowl and set aside.

Beat the egg yolks with the sugar until light. Add butter and vanilla extract and continue beating for another minute or two. Add flour and mix until fully incorporated.

Slowly add milk and beat until everything is well mixed together. Fold in egg whites a third at a time.

Pour batter into baking dish and bake for 40 to 70 minutes or until the top is lightly golden. The baking time could vary greatly depending on the oven, so take a peek at around 40 minutes and see how it looks.

Sprinkle some powdered sugar after cake has cooled.

Tantervale Tipple

They may be obsessed with Chantry law in Tantervale, but, like in so many strict communities, the taverns tell an alternate story.

Mix together:

1 1/2 oz White Rum
1/2 oz Ruby Port
1/2 oz Saskatoon Berry Syrup
1/2 oz squeezed lime juice
Dollop of honey
Add nutmeg and lime peel to garnish

Ansburg Skull-Rattler

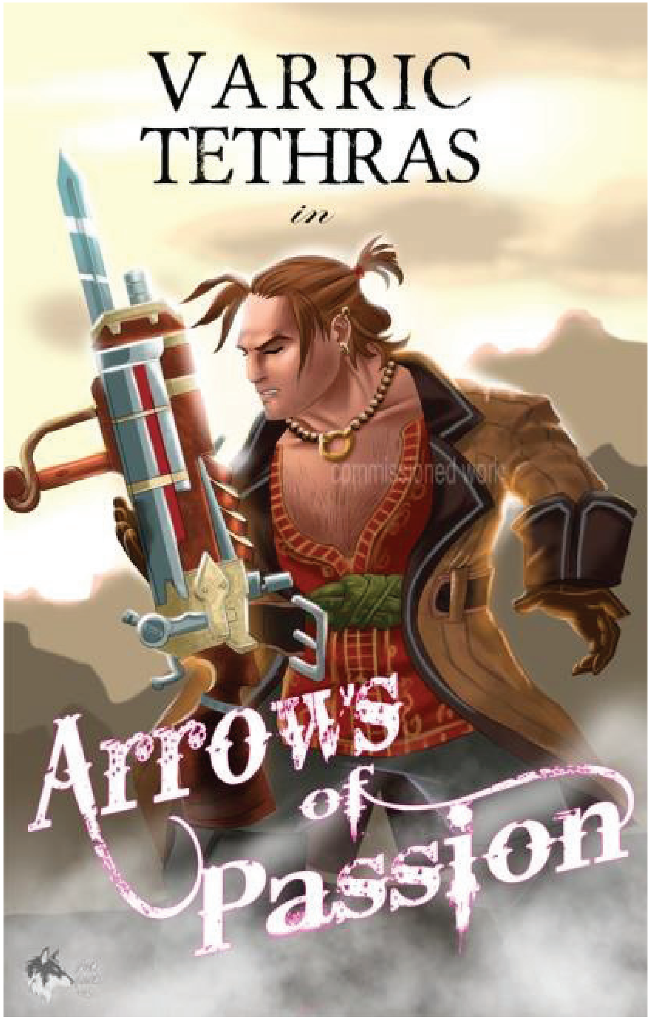
This drink is frnakly terrifying. It is very enjoyalbe, but packs a wallop, like a, like a wallop mallet. I do not know if the name refers to its deceptiv strength, or the effect it cn have on theunwary the next morning. BEAWARE

1 bottle porter beer
45ml rum
3 Tbsp lime juice
1 Tbsp brown sugar syrup
lime

To make the brown sugar syrup, place 1 tsp of brown sugar into the glass and mix with 1 Tbsp on hot water. Stir until the brown sugar has dissolved.

Add beer, rum, lime juice and ice, and stir until combined.

Garnish with lime.



Nevarra

Nevarra – Kingdom of the Fêted Dead. One might expect a nation so focussed on its deceased to be less interested in the joys of living – but it is not so. The *Mortalitasi* may be powerful, feared, respected, and obsessed with corpses, but even they know how to eat properly. Nevarra is one of the most cultured nations in Thedas. The artistry they are famed for translates very well onto the plate!

Nevarran Omelette

Unlike the delicate omelettes of Orlais, the Nevarran variety is sturdy and filling – but no less tasty.

- 4 potatoes medium size
- 1 onion
- 5 large eggs
- Extra virgin Olive oil
- Salt

Preparation

Peel potatoes and put under tap water, then break into small pieces. Peel onion, then cut in thin slices and mix with potatoes.

Oil a pan at medium heat. Once hot, add onion and potato mixture. Stir constantly for 3-4 minutes, then reduce heat to minimum. Cover. Stir every 3-5 minutes. If mixture gets stuck to the pan, add a bit more olive oil.

Depending on the potatoes (each kind needs different time for cooking) it will take between half an hour more or less to have the potatoes ready. They should 'sweat' to be nicely done.

Beat eggs inside a big bowl. When onions and potatoes are tender, remove from pan and add to eggs. Stir. Add salt. Remove all but 3/4 tsp of oil from the pan. Set heat to medium-high.

Drop egg and potato mixture into pan. Spread mixture all over the pan. When the eggs start to curdle, turn heat to low.

After approx 5 minutes, flip the omelette upside down onto a plate. Add a bit more of olive oil if needed to the pan. Put the omelette back into the pan and cook the other side. Keep the heat low. After approx. 5 minutes, it should be finished. To check, insert a toothpick or thin knife: it should come out clean.

Spring Salad

5 Tbsp olive oil	1 large head of lettuce, rinsed and dried
2 Tbsp lemon juice	12 cherry tomatoes, quartered
Salt and pepper to taste	4 hard-boiled eggs, quartered

Prepare vinaigrette by mixing olive oil, lemon juice, salt and pepper in a small bowl.

On a large serving plate, first place lettuce leaves, then tomatoes, and finally eggs on top. Just before serving, stir vinaigrette once more and pour gently over the salad.

Orange Cod Salad

This recipe is simplicity itself: cut a few oranges the thinnest possible, sprinkle with some sweet garlic, some desalted cod strips, some chopped black olives and dress with Malden salt and extra virgin olive oil. There - a fresh and delicious salad!

Nevarran Cold Tomato Soup

Unlike the Anderfels, where they prefer cold yogourt soup to keep cool in the summer, the Nevarrans make excellent use of their abundant tomatoes.

2 kg ripe tomatoes	2 green onions (only the white part)
50 g yesterday's bread (no crust)	8 fresh basil leaves
half a cucumber	5 Tbsp sherry vinegar
half a red pepper	12 Tbsp extra virgin olive oil
half a green pepper	1 -2 glasses of fresh water
1 garlic clove	salt and black ground pepper

Preparation

Keep half the veggies you discarded aside and cut into very small pieces. Reserve.

Put bread inside a small bowl and cover with fresh water. Peel tomatoes and remove seeds. Cut and place inside a big bowl. Cut cucumber, peppers, onions and garlic in small pieces and place in the same big bowl.

Squeeze bread and place in the bowl, add water, 4 basil leaves, olive oil and vinegar.

Blend until you get an homogenous texture. Use a fine colander to strain and get a fine texture. Add salt and pepper to taste.

Place in the fridge and let chill.

Serve cold and with veggies cut in small pieces on the side. Sprinkle with the rest of the basil.

Fish Soup

Fish is popular in the capital, being situated on a river and the major link with Cumberland on the coast.

- 2 lbs skate
- Spanish Sea Salt
- Juice of 1 lemon
- 2 cups fish stock
- 1/2 tsp saffron threads
- 1 cup garlic oil, at room temperature
- 2 Tbsp chopped fresh flat-leaf parsley
- 6 thin slices country-style bread

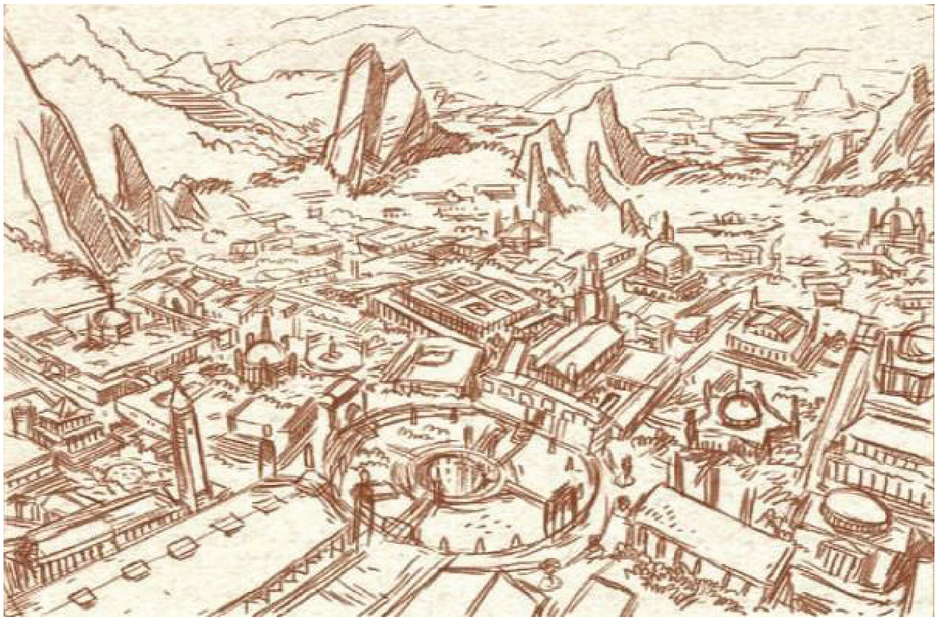
Preparation

Remove the central cartilage from skate and cut the fish into 3-inch squares. Place in a shallow dish, sprinkle with salt, and drizzle evenly with lemon juice. Let stand at room temperature for 1 hour. Rinse under cold running water and set aside.

In a large saucepan, combine stock and saffron and bring to a boil over high heat. Immerse skate in stock, decrease the heat to medium, and cook, uncovered, for 10 minutes, or until the fish is opaque at the centre when tested with a knife tip. Using a slotted spoon, remove skate from the pan, place on a platter, cover, and set aside. Increase heat to high and boil stock for 5 minutes longer.

Remove stock from heat and whisk in the aioli and parsley.

Place a slice of bread in each soup plate, place skate on top, and cover with stock. Serve immediately.



Nevarran Piperade

Piperade, Nevarra's signature spicy tomato-pepper sauce, can be used as a stewing ingredient or a garnish to a finished dish. This recipe uses a very small amount of granulated sugar to mellow out the sharp tang of the tomatoes and peppers.

2 Tbsp extra virgin olive oil
1 large Spanish onion, chopped
1 green bell pepper, seeded and chopped
1 red bell pepper, seeded and chopped
2 Anaheim peppers, seeded and finely chopped
2 cloves garlic, crushed and finely chopped
1/2 tsp salt
1/4 tsp sweet paprika
1/8 tsp ground black pepper
1/4 tsp granulated sugar
15 oz petite-diced tomatoes

Preparation

Heat olive oil in a large skillet over medium heat. Sauté onion, peppers, garlic, salt, paprika, black pepper, and sugar, stirring occasionally, for 10 minutes, until vegetables are cooked through. Add tomatoes to the cooked vegetables and simmer the mixture, uncovered, for 15 minutes, until most of the liquid has evaporated and the sauce has thickened.

Home Style Nevarran Chicken

This is one of those recipes one collects from a kind local who has cooked it their whole life. The and method are explained piecemeal, so the result is a slightly confusing but delightful mess of a recipe. I could not bear to ruin the 'story' method explained to me, however: the retired carpenter who recited it to me was thrilled in my interest and fed me until I could not manage another morsel. I am honoured to share his family recipe here.

Take out a large roasting dish, a huge Creuset pot with a heavy lid will do. Put it on the stove and set the heat to high. Turn the oven on to 400 . Take 2 chicken breasts (skin on) and lightly dredge them in flour. Add oil to the pot and add chicken breasts skin side down. Salt and pepper them. Let them cook until the skin has caramelized and is golden brown. Once brownness is achieved, flip the breasts and cook 2-3 minutes on the other side. At this point, the skin should looked cooked, but the meat will probably still look pretty raw.

While you're browning the chicken do your chopping and prepping.

Chop up 1 large onion.
Chop up 3 cloves of garlic.
Chop up 1 green pepper.
Chop up 1 red pepper.
Get some pitted olives.

Mash 8-12 oz of whole tomatoes with a fork so that they're rather broken up. Open up your beef stock and make sure it's ready.

Make sure you have some white wine. Check to make sure you have your spices- bay leaf, dried thyme, salt pepper.

After those 2-3 minutes on the meat side, take chicken out of the pot and set aside. Add onions and garlic to the pot. Stir around for about 2 minutes to coat. Add peppers to the pot. Cook about 3-4 minutes (let them start to cook.) Then add bay leaf and large pinch of dried thyme. Make sure mixture is thoroughly cooking by now- then hit it with a shot of white wine. Deglaze the pan by scraping up the bottom. Put the chicken breasts back in the pot. Add the tomatoes now. Add a shot of beef stock- not too much...you want it to marry with everything, not water it all down. Add your Tabasco now. Add the olives. Salt and pepper some more.

Now, cover the pot with the lid and stick it in the oven (or you can let it cook on the stove if you don't want to start your oven.) For chicken, I like it really roasting for about 20 minutes. The flavours will come together and the chicken should be just done. Pork, maybe 25 minutes.

Serve over rice.

Polenta Nevarran Style

Polenta is enjoyed by both Antivans and Nevarrans, but each nation has its own preferences in cooking it.

For the polenta:

- 1 c milk
- 1 12 cups cornmeal
- 1 large onion, chopped
- 3 Tbsp vegetable oil
- 1 Tbsp salt
- 1 1/4 c grated Parmesan cheese
- 4 Tbsp butter

For the sauce:

- 1 large onion, thinly sliced
- 1 green bell pepper, thinly sliced
- 1 red bell pepper, thinly sliced
- 6-8 Tbsp vegetable oil
- Salt to taste
- Parsley

Preparation

Preheat oven to 300F.

The easiest way to prepare polenta without burning is to use a double boiler. Pour milk in the top of the double boiler with water already boiling underneath; add cornmeal slowly, stirring continuously. Cook over a very low flame, stirring constantly, until the mixture comes to a boil.

Sauté onion in vegetable oil in a skillet. Then add salt, 1 cup of cheese, and onion to the mixture in the double boiler and mix well.

Butter an 8 X 12-inch baking dish and pour cornmeal mixture into it, adding butter on top, and sprinkling 1/4 cup grated cheese over the top. Bake for about 30 minutes, until golden.

While polenta is baking, in a large frying pan, sauté onion, peppers, and zucchini in vegetable oil until they begin to turn slightly brown. Add a pinch of salt and the parsley and stir.

After polenta comes out of the oven, slice into squares and spread a good bit of sauce on top of each square before serving.

Stuffed Eggplants

1 c olive oil
6 small eggplants, about 1 lb total weight,
Salt
stem end trimmed and cut in half lengthwise
1 large yellow onion, finely chopped
1 clove garlic, finely chopped
1/2 lb lean ground pork
1/2 lb lean ground beef
1/2 tsp chopped fresh marjoram
Freshly ground black pepper
1 Tbsp fine dried bread crumbs
1/2 c tomato sauce

Preparation

In a deep skillet, heat olive oil over medium-high heat until very hot. Season eggplant halves with salt. Working in batches, fry eggplant halves, cut side down, for about 5 minutes, or until browned. Decrease the heat to medium, turn eggplants, and fry them on the round side for another 5 minutes, or until they have shrunken slightly and the flesh is tender.

Using a slotted spoon, transfer the eggplants to paper towels to remove any excess oil. Let cool completely. Repeat with the remaining eggplant halves.

Discard all but 2 Tbsp of oil from the pan and return the pan to medium heat. Add onion and garlic and sauté, stirring often, for 10 minutes, or until softened. Add pork, beef and marjoram, season with salt and pepper, and mix well, using the edge of a wooden spatula or spoon to break up the ground meat into bits. Sauté, stirring occasionally for another 10 minutes, or until the meat is crumbly and cooked through. Transfer the mixture to a bowl.

Preheat oven to 400F. Lightly oil a rimmed baking sheet.

Using a spoon, carefully remove the pulp of each eggplant half, taking care not to break the skin, and add the pulp to the meat mixture; reserve eggplant shells for filling. Mix eggplant pulp with meat and taste to adjust the seasoning. Spoon mixture into the empty eggplant halves. Transfer stuffed eggplants to the prepared baking sheet. Sprinkle tops evenly with the bread crumbs, and cover with about 2 tsp of the tomato sauce.

Bake eggplants for 10 minutes, or until heated through. Place 2 eggplant halves on each plate and serve immediately.

Lentil Stew with Cod and Potatoes

Never turn your nose up at simple peasant food, Dear Reader. Peasants know how to make much from little.

200 g dry and fast to cook lentils (no need for soaking overnight)
2 carrots
1 big onion
1 bay leaf
2 medium potatoes
300 g desalted codfish*
1 garlic head
olive oil and salt

Preparation

Wash lentils under tap water, pour inside a pot and cover with cold water. Bring to boil and immediately strain lentils in the sink over a colander. Reserve.

Peel and cut onion, the carrots and prepare the garlic head and bay leaf. Take a deep casserole and pour some olive oil, soften onion and carrot and when softened, add garlic head, bay leaf and lentils. Pour mineral cold water on top and let simmer at low heat for 45 minutes or the time the lentils package suggests. Cover with a lid.

Meanwhile peel and cut potatoes and reserve. Dry desalted cod with kitchen paper and reserve.

20 minutes before the stew is done, add potatoes. Stir and cover with the lid.

When lentils and potatoes are done stir in cod and off turn heat. Cover again.

5 minutes later, taste and add salt if necessary.

As you know, this kind of food is always better some hours later.

*To desalt fish, place in large pot of water. Heat and slowly bring just to a boil. Strain. Taste for saltiness. Repeat as necessary.

Nevarran Pork Tenderloin with Chestnut Confit

Chestnuts are popular in Nevarra – who has not heard of the chestnuts and spiced tea served at the skating parties on the frozen Minanter in winter? – and this recipe brings all the best Nevarra has to offer. Wine, honey, chestnuts, chorizo, garlic – all over pork tenderloin. What could possibly be better?

500 g (1 lb 1 oz) Pork Tenderloin
Salt to taste
Freshly ground pepper to taste
2 bay leaves
100 ml (3 1/2 fluid oz) honey
400 g (14 oz) chestnuts
200 g (7 oz) Portuguese cabbage

70 g (2 3/4 oz) chorizo
30 g (Just over 1 oz) onions
10 g (1/4 oz) garlic
2 dl (Just over 3/4 cup) red wine
125 g (4 3/4 oz) heavy cream
0.5 L (Just over 1 pint) olive oil

Preparation

Clean tenderloin and season with salt, pepper, half the honey and both bay leaves.

Set oven to 200F. Place tenderloin in a tray completely covered in olive oil and let it cook for 4 hours.

Roast chestnuts and then sauté in the same olive oil used to slow cook the tenderloin. Roast onions and garlic with chestnuts as well. Let braise and refresh it with red wine. Purée chestnut mixture. Check seasonings.

Boil, then sauté cabbage and season with salt and pepper.

Cut chorizo into thin slices and dry in oven until crunchy.

To serve, put a large spoonful of confit on the plate and top with pork, chorizo, and cabbage.

Mini Chocolate Cakes with Almonds and Orange

These are slightly finicky and popular at parties.

- 170 g ground almond (almond flour)
- 180 g 70% cocoa chocolate
- 6 eggs
- 135 g ugar
- 80 g butter
- 2 coffee spoon’s orange zest
- Some bitter orange marmalade and some toasted almonds pieces.

Preparation

Melt chocolate together with butter in a pot at very low heat. Meanwhile prepare orange zest: wash and dry carefully.

Beat egg yolks with sugar until they become creamy and white. Add orange zest and almond. When chocolate is just melted, add to egg yolk mixture. Stir until you get a thick paste.

Beat egg whites to soft peaks and carefully fold in to egg yolk chocolate paste.

Preheat oven to 350F.

Pour mixture into silicone moulds. Bake for 35 minutes. Use marmalade and toasted almonds for the topping.

greendelle.tumblr.com

Duchess Cake with Pears

The Duchess' Games, held annually in the summer, coincide with pear season. While the scholars engage in their intellectual tournament, they can indulge their taste buds with this exquisite cake.

For the cake:

- 2 c flour
- 1 1/2 tsp baking powder
- 4 Tbsp granulates sugar (or molasses)
- 1 c milk
- 2 Tbsp pear liqueur (or another liqueur of your preference)
- 2 eggs
- 6 pears, peeled, cored, and thinly sliced

For the topping:

- 1/2 cup butter
- 1 cup confectioners' sugar
- 1 Tbsp pear liqueur (or pure vanilla)

Preparation

Preheat oven to 350F.

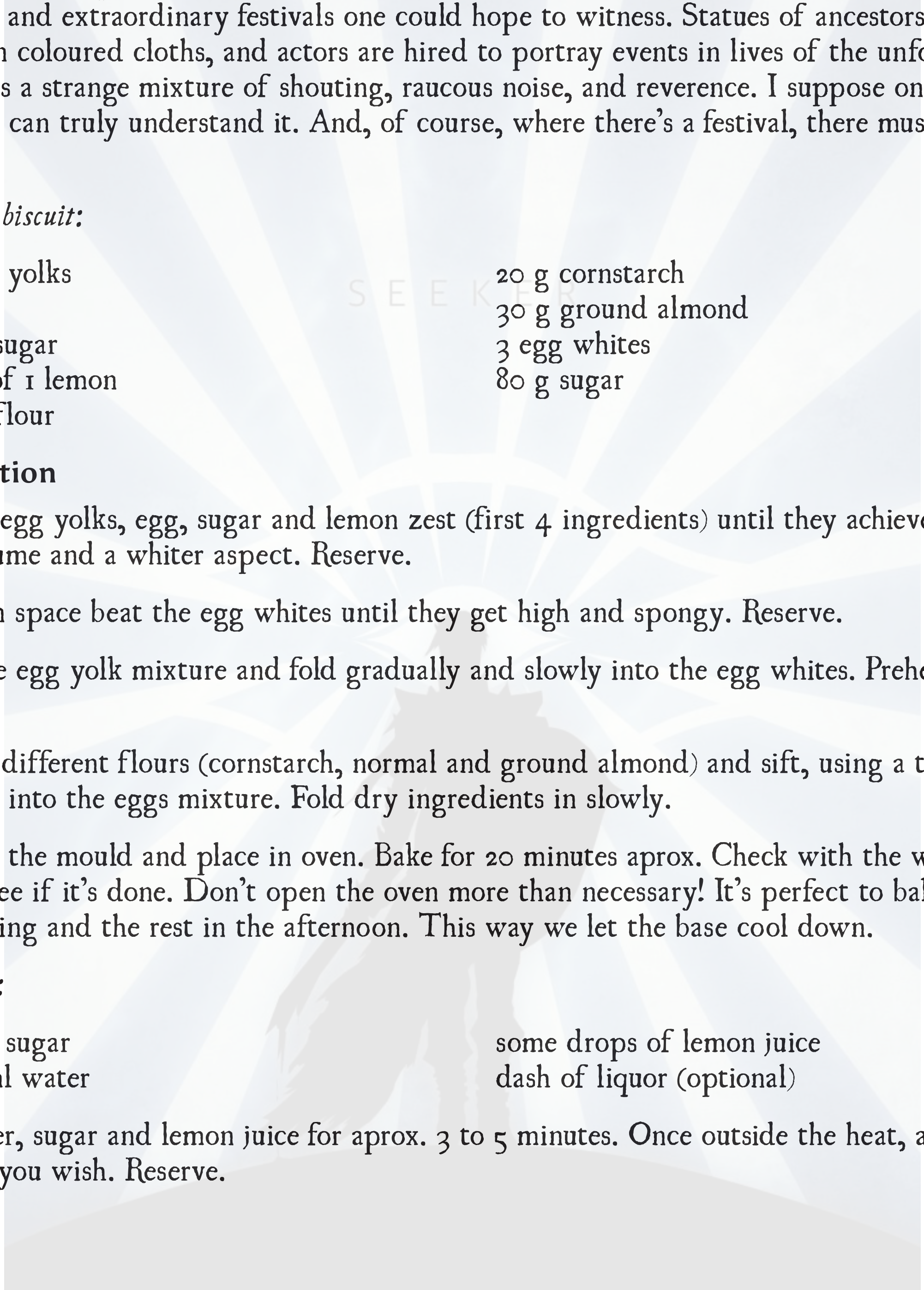
Combine flour, baking powder and granulated sugar in a deep bowl and mix well. In another bowl, beat milk, pear liqueur, and eggs thoroughly.

Combine flour mixture and egg mixture. Stir by hand until it makes an even batter. Spoon batter into a well-buttered and –floured long baking dish, 2 inches deep; cover with the sliced pears, bake for about 45 minutes.

Prepare topping by mixing butter, confections sugar, and pear liqueur; beat until becomes thoroughly creamed.

When the cake is done, remove it from the oven; while still hot, spread the topping over the entire surface. Allow it to cool and then serve.

Ancestor Pageant Cake



The Ancestor Pageant of Nevarra City, held every Autumn in the capital, is one of the most colourful and extraordinary festivals one could hope to witness. Statues of ancestors are draped in coloured cloths, and actors are hired to portray events in lives of the unforgotten dead. It is a strange mixture of shouting, raucous noise, and reverence. I suppose only a Nevarran can truly understand it. And, of course, where there's a festival, there must be food.

For bread biscuit:

3 egg yolks
1 egg
50 g sugar
zest of 1 lemon
80 g flour
20 g cornstarch
30 g ground almond
3 egg whites
80 g sugar

Preparation

Beat the egg yolks, egg, sugar and lemon zest (first 4 ingredients) until they achieve 3 times their volume and a whiter aspect. Reserve.

In a clean space beat the egg whites until they get high and spongy. Reserve.

Now take egg yolk mixture and fold gradually and slowly into the egg whites. Preheat oven to 350F.

Take the different flours (cornstarch, normal and ground almond) and sift, using a thick colander, into the eggs mixture. Fold dry ingredients in slowly.

Pour into the mould and place in oven. Bake for 20 minutes aprox. Check with the wooden stick to see if it's done. Don't open the oven more than necessary! It's perfect to bake this in the morning and the rest in the afternoon. This way we let the base cool down.

For syrup:

100 g sugar
100 ml water
some drops of lemon juice
dash of liquor (optional)

Boil water, sugar and lemon juice for aprox. 3 to 5 minutes. Once outside the heat, add liquor if you wish. Reserve.

For cream butter:

200 g sugar
50 g water
4 egg yolks
250 g butter at room temperature
dash of liquor (optional) - If you added some to the syrup it won't be necessary here.

Start a syrup with the water and sugar. Boil at medium heat for 3 minutes aprox.

Meanwhile beat the yolks. When they start to increase in volume add syrup little by little and keep on beating until the mixture gets 3 times its initial volume. Only when it's cold add the butter little by little until you get a thick mixture. Reserve.

For laminated almonds:

1 c slivered or sliced almonds
egg white
2 Tbsp sugar

Lay almonds on baking tray. Make an egg wash by combining egg whites and sugar until sugar is dissolved. Brush almonds with egg wash and toast in 400F overn until golden.

To assemble the pie:

Layer bread biscuit, syrup, cream butter, apricot jam, laminated almonds. Cut the bread biscuit in half (only when it's cold or at room temperature).

Paint the inside layers with syrup and apricot jam. Reassemble.

Spread cream butter on top and sides of the pie.

Carefully, place the almonds over the butter cream. The ones that fall won't be used.

Decorate and chill for 1 hour.

Coiled Serpents

A serpenty treat in honour of the dragon-slaying Pentaghast family which currently rules the country.

4 tsp active dry yeast
1 c milk, warmed
1/2 c sugar
1 tsp salt
4 1/2 c all-purpose flour
2 large eggs
2 Tbsp olive oil
All-purpose flour, for coating
1 1/2 sticks (6 oz) butter, softened
Butter, for brushing
Sugar, for dustingPreparation

Dissolve yeast in warmed milk and set aside.

Combine sugar and salt together in a large bowl. Gradually add flour and warm milk mixture. Blend thoroughly. Add eggs and olive oil, mix well, and knead until soft and well-blended.

Cover with a damp cloth and leave to rise in a warm place for about 1 hour, or until dough has doubled in volume.

Knead the dough again, and using a rolling pin, roll the dough as thin as possible over a floured surface. Brush the entire surface of the dough with softened butter.

Start rolling the dough, bit by bit, from one side to the other (as if you were rolling up a poster). When the dough has been rolled up, allow it to rest for 1 hour.

After the dough has risen, coil it loosely, so that it resembles a snail shell. Transfer the coil to a greased baking sheet.

Cover with an extremely large inverted bowl or bucket, large enough to ensure that the dough will not stick to the bowl's surface when it rises. Allow the dough to rise for several hours.

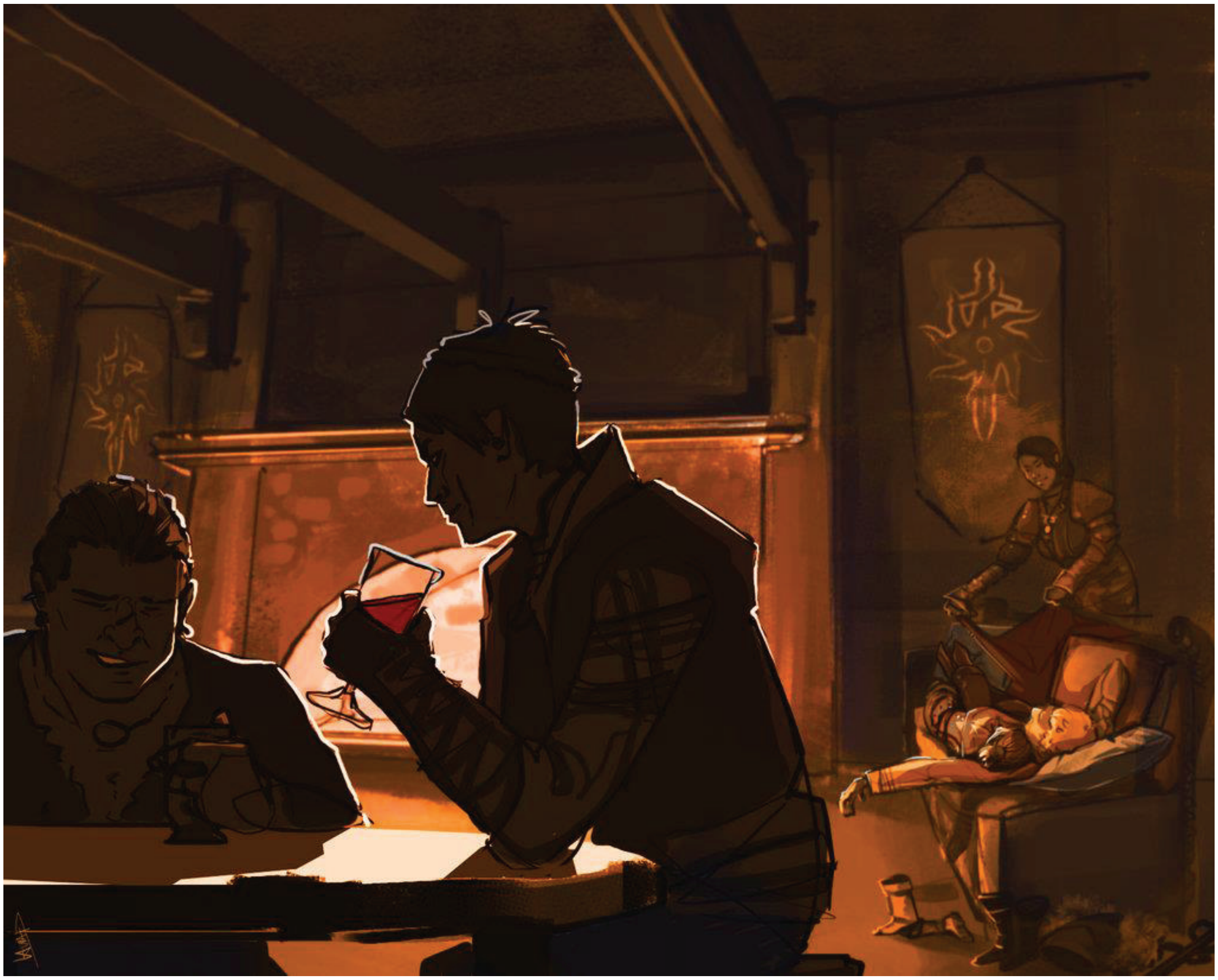
Preheat the oven to 375F. Bake the dough coil for around 45 minutes, or until the top is golden-brown. Brush the surface with melted butter and sprinkle generously with sugar. To serve, cut into slices.

Nevarran Sunrise

6 oz Sparkling Wine
1/2 oz Tawny Port
1/4 oz Orange Liqueur
2 Dashes Peach Bitters

Preparation

Mix port, orange liqueur, and peach bitters. Top with sparkling wine.



Orlais

Ah, Orlais. What can possibly be said about the Orlesian Empire that has not already been expressed? It is practically the definition of cuisine. Val Royeaux, the capital, defines fashion and taste across much of Thedas, and that includes food.

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Vichyssoise

3 large leeks	1 Tbsp of butter
5 large potatoes (Golds work best)	Salt & white pepper to taste
6 cups vegetable broth	Croutons and/or chives/parsley to garnish
1 pint heavy cream	

Preparation

Cream should be at room temperature. Cut ends off leeks and up to where they start getting green (as much white as possible). Score leek stalks vertically (easier to break apart) and slice thinly. Break rings apart, soak and wash well in cold water, then strain. Peel, wash and cut up potatoes into one inch chunks. Boil in salted water until fully cooked, but not falling apart, drain and put aside.

In a large pot, melt butter and sauté leeks over medium heat, making sure they don't brown or burn. Add vegetable broth and bring to the boil. Add potatoes and top up with water or low-fat milk until contents are well covered. Add white pepper and salt, bring briefly to the boil, turn down to low and let simmer covered for about one hour.

Turn heat off and completely blend the mixture until there are no lumps. Let cool. Slowly drizzle in cream while emulsifying. If too thick, add more water, milk or broth. Cool down to room temperature before refrigerating. This is a simple soup that takes a long time to make because of the cooling stages. Be patient or plan to do it over two days. Enjoy!

Creamy Asparagus Soup

2 lb asparagus, trimmed of woody stem bottoms (bend them gently, and where they naturally snap is the right place)
1 large yellow onion, chopped
3 Tbsp unsalted butter
4 cups chicken stock
1 cup water
Leaves of 2 sprigs of fresh thyme (or a good pinch of dried)
2 Tbsp chopped fresh parsley (optional)
1/4 cup heavy cream
A squeeze of fresh lemon juice
Salt and pepper

Preparation

Chop asparagus stalks into 1/2-inch rounds.

Melt butter in a 4 to 5 quart pot on medium heat. Add onions and cook until translucent, about 5 minutes. Add chopped asparagus to onions. Cook another 5 minutes.

Add broth, water, and thyme to the pot. Increase the heat to a boil, then reduce to a simmer. Simmer, covered, until the asparagus are tender, 10 to 15 minutes. At the end of cooking, stir in chopped parsley.

Blend soup until smooth. For a creamy texture, if you want, press the puréed soup through a sieve or food mill. Stir in cream. Stir squeeze of lemon juice. Season with salt and pepper to taste.

No-knead Overnight Artisan Bread

A delicious bread which takes almost no preparation time. Mix, set overnight, bake the next day.

3 cups all-purpose flour	1 tsp active dry yeast
2 tsp salt	1 1/2 cups room temperature water

Preparation

Combine flour, salt, and yeast in a large bowl and stir to combine.

Add water and mix well. The dough will be hard to stir and shaggy, not smooth like traditional bread dough.

Cover with a towel and let rise overnight, 8-18 hours. The dough will bubble and rise.

When you're ready to make bread, flour your hands and your working surface and turn the dough out. Without kneading the dough, gently form it into a ball. Cover with a towel and allow to rest for one hour.

After the dough has risen for 30 minutes, preheat the oven to 450F and put your Dutch oven or oven-safe pot (that has a lid) inside to preheat. Do not put the lid in the oven. Preheat for 30 minutes.

When the dough has rested for an hour, and the pot has preheated, remove the pot from the oven.

Carefully lift the dough from the surface and place into the pot. If your pot is stainless steel and not lined, you can line it with parchment paper first.

Replace the lid and place the pot back in the oven. Bake for 30 minutes with the lid on.

Remove the lid and bake for another 15 minutes, or until the top is golden-medium brown.

Allow to cool completely (at least 30 minutes in a spot where air can flow freely above and below).

Fine-Herbes Omelette

The omelette, the Orlesians will tell you, is less a dish than an art. It can seem like magic. These are the two classic methods, which, once mastered, will impress even the most *Orlesian* of guests.

- 3 lg eggs
- Dash salt and ground black pepper
- 2 Tbsp herbs (1 Tbsp finely chopped parsley and 1 Tbsp finely chopped mixture of chervil, tarragon, and chives)
- 1-1/2 tsp unsalted butter

Preparation

Method One:

Mix eggs, salt, pepper, and herbs in a bowl. Melt butter in an omelette pan. When hot, pour egg-herb mixture into the centre, and cook over medium heat for 10-15 seconds. Stir eggs with a fork, so the runny part flows between the set curds. Repeat a few times.

When most of the eggs are set but slightly liquid, the omelette is ready. Using a fork or spatula, fold in half in the pan. Invert onto a plate and serve.

Method Two:

Using a fork, beat the eggs with the salt, pepper, and herbs in a bowl.

Melt butter in a 6-8" skillet. When foaming, add the eggs. Holding your fork flat, stir the eggs quickly while shaking the pan back and forth. Continue so the eggs coagulate uniformly.

When eggs are lightly set but moist, incline your pan forward so most of the eggs gather at the far end of the pan. Stop stirring. The mass of eggs should thin out around the edges at the near end. Using your fork, fold this thin edge toward the centre of the omelette, enclosing the thick, moist centre.

Press the fold into place, creating a rounded edge. Run your fork between the edge of the pan and the far edge of the omelette to loosen. Using the palm of one hand, tap the handle gently where it joins the pan, to shake the omelette and make it twist and lift onto itself, so the lip rises above the edge of the pan. Fold this lip back toward the centre of the omelette, meeting and overlapping the edge of the other lip. Press with the flat of the fork to shape the omelette into a point at each end.

Holding your serving plate, bang the underside of the pan against the counter at the omelette end, so the omelette moves against the edge of the pan. Invert the omelette onto a plate. Press with the flat of the fork to shape the omelette into a point at each end. Serve.

Hard-Cooked Eggs in Mustard Sauce

Popular for picnics and cold lunches, this recipe illustrates how even in the countryside, the Orlesians treat food as an art. A tray of these piquant eggs was placed before me in a tiny inn outside Churneau, with a glass of white wine. Delightful.

4 large eggs

Mustard Sauce:

1 large clove garlic, peeled, crushed, and chopped
1 Tbsp Orlais-style mustard
1/8 tsp freshly ground black pepper
1/8 tsp salt
2 tsp wine vinegar
3 Tbsp canola or safflower oil
8 lettuce leaves, rinsed and dried
1 Tbsp chopped fresh chives

Preparation

Bring 2 cups water to a boil in a saucepan. Using a thumbtack or pushpin, make a small hole in the rounded end of each egg. Lower the eggs gently into the boiling water. Bring the water back to a very gentle boil, and cook the eggs for 8 to 9 minutes. Drain off water, and shake the pan to crack the shells of the eggs. Then add ice to the pan, and let the eggs cool completely.

Meanwhile, make the mustard sauce: Combine all the sauce except oil in a bowl. Add oil slowly, mixing it in with a whisk or a spoon as it is added. Set aside at room temperature until ready to use. Do not worry if the sauce separates.

Shell eggs, and cut in half lengthwise. The centres of the yolks should be slightly soft.

Divide lettuce leaves among four plates, and place 2 egg halves cut side up on top of the lettuce on each plate. Coat the eggs with mustard sauce, sprinkle with chives, and serve immediately with crusty Orlesian bread.

Leek and Gruyere Quiche

Quiche is one of those Orlesian dishes which can make or break the cook attempting them. It has a reputation for being finicky and difficult – which of course the Orlesians encourage. But believe me, Dear Reader, it need not be so. You should find this recipe clear and relatively simple to do.

For the Paté Brisée:

- 1 cup all-purpose flour
- 6 Tbsp cold unsalted butter, cut into 1/2-inch slices
- 1/8 tsp salt
- 1/4 tsp sugar
- About 3 Tbsp ice water

For the Filling:

- 1 large or 2 small leeks, trimmed, with most of the green left on, washed and thinly sliced
- 3/4 cups water
- 4 large eggs1/2 tsp salt
- 1/2 tsp freshly ground black pepper
- 1 1/2 cups grated Gruyere cheese, grated
- 1 1/4 cups milk
- 1/4 cup heavy cream

Preparation

Preheat the oven to 400F.

For the dough:

Combine flour, butter, 1/8 tsp salt, and sugar just until the butter is broken into small but still visible pieces. Add the ice water (you may have to add a little less or a little more depending on the dryness of the flour), and mix for 10 to 15 seconds longer. The dough may not have formed into a ball at this point; transfer it to a bowl, and press it gently together to form a ball.

Roll the dough between 2 sheets of parchment to form a circle about 13 inches in diameter.

Remove parchment from the top of the dough and invert the dough into a 9-x-1-inch tart pan with a removable bottom; the parchment that was under the dough will now be on top. Use it to press the dough into the pan. The dough should extend about 1/2 inch above the rim of the pan. Roll or press the overhang back on the dough at the edge to make it thicker.

Weigh down the dough with weights or with a second light pie plate, pressing it gently into place. Place the quiche pan on a cookie sheet, and bake for 20 minutes. Carefully remove the weight, and cook the quiche shell for another 20 to 25 minutes, until it is lightly browned.

For the filling:

While the shell bakes, place the leeks and the water in a saucepan, and bring the mixture to a boil over high heat. Boil, uncovered, for about 5 minutes, until the water has evaporated and the leeks are soft.

Beat the eggs in a bowl until smooth. Stir in the 1/2 tsp salt, the pepper, cheese, milk, and cream. Mix in the leeks. Reduce the oven heat to 375F.

Pour the filling into the baked tart shell while it is still on the cookie sheet in the oven. Bake for 20 to 25 minutes, until the filling is completely set and beautifully browned on top.

Let the quiche rest for 10 to 15 minutes before cutting and serving.

Royal Chicken

A favourite at the palace, and of course therefore throughout the empire. The chicken is quite rich, the result of wine and cheese cooked with the meat, and so encourages small portions. Madame de Fer is rumoured to be a great fan of this elegant dish.

4-6 lb chicken (or use a package of boneless thighs and one of breasts.)
2 Tbsp butter
1/2 cup white wine or consommé
bunch of parsley, minced
2 green onions, chopped
1 clove garlic, minced
2 cloves
1/2 bay leaf
1/4 tsp basil
salt and pepper
1 Tbsp flour (or cornstarch)
2 Tbsp cold water
1/2 lb grated Gruyere

Preparation

Cut chicken into individual pieces. Brown in the butter. Pour wine over. Flavour with parsley, onions, garlic, cloves, bay leaf, basil, salt, pepper. Cover and simmer over low heat for one hour or until chicken is tender. Remove chicken from juice.

If not enough liquid is left, add enough milk to make one cup of liquid in all. Thicken with flour blended with cold water. Cook until slightly thickened. Place half the sauce in a baking dish. Sprinkle with grated cheese (about half). Spread chicken pieces in a dish and sprinkle with remaining cheese and sauce. Brown in a 450 oven for 20 minutes, or 325 for 40 minutes.

Steamed Scallops on Spinach with Walnut Sauce

For the Walnut Sauce:

- 4 walnuts, shelled, and the nut meats cut into 1/4-inch pieces (1/4 cup)
- 2 Tbsp lemon juice
- 1 tsp grated lemon rind
- 4 Tbsp extra-virgin olive oil
- 1/2 tsp salt
- 1/2 tsp freshly ground black pepper

For the Spinach and Scallops:

- 1 lb spinach, tough stems removed (about 14 oz cleaned)
- 12 oz sea scallops, washed in cool water (16 to 20 scallops)

Preparation

Bring 2 cups water to a boil in a small saucepan. Add walnuts, and bring water back to a boil. Boil for 30 seconds, and drain. Combine walnuts in a bowl with lemon juice, lemon rind, olive oil, salt and pepper. Mix well, and set aside.

At serving time, wash spinach leaves thoroughly in a basin of cool water, lifting spinach from the water, and drain in a colander. Place damp spinach leaves in a large (12-inch) saucepan, and cook over high heat for about 2 minutes, until spinach starts to steam and wilt.

Arrange scallops on top of the spinach in the saucepan, cover, and cook over high heat for another 3 minutes. By then, scallops should be just firm and cooked, and spinach wilted.

Remove scallops, and place them on a plate. If there is still water remaining in the pan, continue to cook spinach over high heat, uncovered, for about 1 minute longer, until the moisture is gone.

Divide spinach among four plates, and arrange scallops on top. Coat with sauce, and serve immediately.

Beef Bourguignon

An excellent choice for special gatherings and celebrations. Much of the preparation can be done the day before, which allows the chef to focus on other things on the festal day, such as entertaining your guests, ridding yourself of a rival, and sipping wine.

- 8 oz thick-cut bacon (5-6 slices), diced
- 2 1/2 to 3 lbs beef chuck roast, round roast or similar cut, cut into 1-inch cubes
- 2 cups good red wine, divided
- 2 medium-sized yellow onions, thinly sliced
- 3 medium-sized yellow carrots, diced
- 3 stalks celery, diced
- 2 cloves garlic, minced
- 1 Tbsp tomato paste
- 3 to 4 sprigs fresh thyme
- 1 bay leaf
- 1 cup chicken or beef broth, more if necessary
- 1 lb white button mushrooms, sliced

Preparation

Warm a stainless steel or cast iron skillet over medium-high heat. Add bacon and cook until the fat has rendered and bacon is golden and crispy. Remove pan from heat and transfer bacon to a plate lined with a paper towel to drain. Pour off all but a Tbsp of bacon fat from the pan.

Return the pan to medium-high to high heat. Pat beef cubes dry and sprinkle them with salt and pepper. When bacon fat is shimmering and you see a wisp or two of smoke, add a single layer of beef cubes to the pan to sear - do not crowd the pan; sear the meat in batches. Let beef sear without moving until it releases easily from the pan and the underside is golden-brown, 1 to 3 minutes. Flip the pieces and sear on the other side. Again, let meat sear without moving for 1 to 3 minutes until they release easily from the pan.

Transfer seared meat to your slow cooker or a clean bowl. Deglaze the pan with 1/4 cup of the wine. Scrape the dark glaze and any crispy bits from the bottom of the pan as the wine simmers. When the pan is clean, pour the wine over the seared meat.

Add 1 Tbsp of leftover bacon grease to the pan. Continue to sear meat in batches, deglazing the pan between each batch.

When all the meat is seared, add another Tbsp of bacon grease to the pan and reduce the heat to medium. Cook onions with 1/4 tsp of salt until soft and browned, 6 to 8 minutes. Add carrots and celery, and cook until softened. Add garlic and tomato paste, and cook until fragrant. Transfer vegetable mixture to the slow cooker or bowl with the meat.

Wipe the pan clean and warm 1 Tbsp of leftover bacon grease over medium heat (use vegetable oil if no more bacon grease remains). Cook mushrooms with 1/4 tsp salt until they have release all their liquid, the liquid has evaporated, and mushrooms are golden brown, 8 to 10 minutes. Transfer mushrooms to a clean bowl and set aside - keep mushrooms separate from the meat and onion mixture (they get added later).

-Slow Cooker Method: Stir beef cubes and vegetables together in the slow cooker with 1 tsp of salt. Tuck sprigs of thyme and bay leaf into the mixture. Pour stock and remaining wine over beef and vegetables - the liquid should come about 3/4 of the way to the surface of the meat. Cover the slow cooker and cook on low for 6 to 8 hours. When finished, the beef should fall apart easily with a fork.

-Oven Method: Heat the oven to 300F. Transfer beef and vegetable mixture to a Dutch oven or other heavy-bottomed 6-quart pot with a lid and stir in 1 tsp of salt. Tuck sprigs of thyme and bay leaf into the mixture. Pour stock and remaining wine over beef and vegetables - the liquid should not quite cover the beef and vegetables; the should still be poking from the surface of the liquid. Add additional stock if necessary.

Cover the pot and place in the oven. Cook for 2 hours, and then begin checking the meat every 15 minutes. The dish is done when the meat falls apart easily with a fork. Exact cooking time can vary.

Both Methods: Once the meat is cooked, stir in reserved bacon and mushrooms. Cook with the slow cooker on high or simmer in the Dutch oven over medium heat until mushrooms are warmed through, about 10 minutes.

Serve in bowls over noodles or with crusty bread on the side. Sprinkle with parsley before serving. Leftovers will keep for up to a week or can be frozen for up to three months.

Caramelised Carrots with Gremolata

Simple to prepare but with a sophisticated flavour, this side dish is the essence of the Orlesian mastery of the culinary arts.

1 Tbsp canola or olive oil
2 Tbsp butter
1 lb/ 500 g carrots, larger ones halved lengthwise
Sea salt and freshly ground black pepper

For the gremolata:

1/2 garlic clove
A small bunch of flat-leaf parsley leaves
Finely grated zest of 1 lemon

Preheat oven to 350F. Put oil and butter in a large roasting pan and place in the oven until butter melts. Add carrots, season generously with salt and pepper, and toss well. Cover with foil and roast in the oven for 30 to 40 minutes, until carrots are tender.

Take pan out of the oven, remove foil, and give carrots a stir. Roast, uncovered, for 20 to 30 minutes, until they start to brown and caramelise.

While carrots are in the oven, make gremolata. Coarsely chop garlic on a large cutting board, then add parsley and lemon zest. Use a large, sharp knife to chop and mix the three together until very fine and well mixed.

As soon as carrots are ready, toss with the gremolata and serve right away.

Warm Chocolate Fondue Soufflé

Surely one of the most Orlesian of desserts, the soufflé is famous throughout all Thedas. The chocolate version is decadent, delicate, and delicious.

3 oz bittersweet chocolate	2 eggs, separated
3 Tbsp unsalted butter	1 tsp vanilla extract
1 1/2 Tbsp sugar	4 Tbsp sour cream, optional

Preparation

Preheat oven to 350F. Lightly butter 4 1-cup ovenproof bowls or aluminum cupcake moulds, using about 3/4 tsp butter in all, and place on a cookie sheet.

Heat about 2 cups of water in a small saucepan. Place chocolate, butter, and 1 Tbsp of the sugar in an ovenproof bowl; place bowl over the hot water until chocolate and butter are melted.

Beat egg whites until hold a soft peak, then add the remaining 1/2 Tbsp of sugar and beat for another 5 seconds — whites should not be too stiff or dry.

Stir the egg yolks and vanilla into the melted chocolate mixture. Using a spatula, fold in beaten egg whites.

Divide batter among the prepared cups and bake for 10 to 12 minutes; soufflés should still be soft in the centre. Let rest for about 10 minutes, then unmould onto four individual dessert plates. Garnish each soufflé with a Tbsp of sour cream, if desired.

Plums au Sucre

Simple to prepare, this is the ideal dessert on warm summer days at the height of the fruit season. No cooking is required – only time, to allow the lemon and sugar to work their magic.

About 8 plums, well ripened (1 1/2 lbs)
2 1/2 Tbsp lemon juice
1/3 cup sugar
1 cup sour cream (optional)

Preparation

Wash plums and cut them in half. Discard pits and cut each plum half into thirds. Place plum pieces in a bowl. Add lemon juice and sugar to the plums and mix well.

Cover and refrigerate for at least an hour but as long as overnight, stirring occasionally.

Spoon plums and surrounding juice into wine glasses or onto dessert plates and serve with a dollop of sour cream and cookies, if desired.

Rosamund's Libation

I expected Orlais to be rather strict about their wines. They are, quite rightly, very proud of their vintners, and rather *superior* about what they produce – not, I thought, something they would see diluted. I should have known better, of course. The Orlesians will try nearly anything if it is held to be fashionable. This drink is named for Divine Rosamund, the youngest Divine in history, though generally it is only referred to as 'Libation.'

In this case, I shall quote a letter written by none other than Grand Enchanter Madame Vivienne de Fer, who very graciously permitted me to quote it here.

White wine
Crème de Cassis

It is important to choose a dry, high-acid, unoaked and non-aromatic wine. Fairly simple and relatively inexpensive wines work best.

From my many years of making and enjoying Libation I have found that the best ratio is roughly 1/5 Crème de Cassis to 4/5 chilled dry white wine. It is also imperative to add the Crème de Cassis to the glass first, followed by the wine. Otherwise they do not mix very well or uniformly. The Cassis is room temperature.

One must keep an eye on the colour. I only stop adding wine when I feel I have achieved the perfect pale blush color. Too deep a pink hue is a sure sign that you have used too much liqueur. A Disaster, I'm sure you agree.

Orzammar

The great and last Dwarven Thaig of Orzammar is surely one of the wonders of Thedas. The city is beautiful in its starkness: the Dwarves are peerless in their ability to understand and shape the stone that surrounds them. So obsessed are they with their 'Stone Sense,' as they call it, that no citizen of Orzammar has ever seen above the surface of the earth. To do so is to lose their very identity, and they are condemned to stay exiled under the endless, terrifying sky.

Such a people must be very intrepid with their food! for they will eat nearly anything available underground, save only blighted things. Nug is the most common meat, deep mushroom the most common vegetable.

But, as noted author and adventurer Viscount Varric Tethras has scathingly pointed out, Orzammar could not survive without importing food and other materials from the surface. So, while the poorest of the Thaig's citizens survive – just – on what they can find in the Deep Roads, the wealthier castes enjoy other foods as well. These they adapt to their own Dwarven tastes – most often, it must be admitted, by adding gritty ale.

Paragon Fingers Supreme

Perhaps because of the memory of their old trade agreements with the Anderfels before the fall of Kal-Sharok, or perhaps because potatoes grow underground, these vegetables are often considered more 'proper' than some other surface food. Add gravy and cheese, and you have something resembling a one-dish meal.

Ingredients

Gravy:

- 2 Tbsp (30 ml) cornstarch
- 2 Tbsp (30 ml) water
- 6 Tbsp (90 ml) unsalted butter
- 1/4 cup (60 ml) unbleached all-purpose flour
- 2 cloves garlic, finely chopped
- 20 oz (568 ml) beef broth
- 10 oz (284 ml) chicken broth
- Pepper, to taste

For deep fried potatoes:

- 2 lbs. Russet potatoes (3-4 medium potatoes
- Frying oil

Toppings:

1 - 1 1/2 cups white cheddar cheese curds.

Preparation

Prepare the gravy:

In a small bowl, dissolve the cornstarch in the water and set aside.

In a large saucepan, melt the butter. Add the flour and cook, stirring regularly, for about 5 minutes, until the mixture turns golden brown. Add the garlic and cook for a further 30 seconds.

Add the beef and chicken broth and bring to a boil, stirring with a whisk. Stir in the cornstarch and simmer for 3 to 5 minutes or until the sauce thickens. Season with pepper. Taste and add additional salt, if necessary, to taste. Make ahead and re-warm or keep warm until your fries are ready.

For Deep-Fried Potatoes:

Prepare your potatoes and cut into 1/2-inch thick sticks. Place into a large bowl and cover completely with cold water. Allow to stand at least one hour or several hours. When ready to cook, heat your oil in your deep fryer or large, wide, heavy cooking pot to 300F.

Remove the potatoes from the water and place onto a sheet of paper towel. Blot to remove as much excess moisture as possible.

Add your fries to the 300F oil and cook for 5-8 minutes, just until potatoes are starting to cook but are not yet browned. Remove potatoes from oil and scatter on a wire rack. Increase oil temperature to 375F. Once oil is heated to that temperature, return the potatoes to the fryer and cook until potatoes are golden brown. Remove to a paper towel-lined bowl.

To Prepare:

Add your fried or baked fries to a large, clean bowl. Season lightly with salt while still warm. Add a ladle of hot gravy to the bowl and using tongs, toss the fries in the gravy. Add more gravy, as needed to mostly coat the fries.

Add the cheese curds and toss with the hot fries and gravy. Serve with freshly ground pepper. Serve immediately.

Beer Bread

This is a quick bread, made from ingredients that keep well. And, of course, it has beer.

- 3 cups self-rising flour
- 1/3 cup sugar
- 1 tsp salt
- 12 oz beer
- 2 Tbsp nug oil, or melted butter if you have connections in the Merchant Caste

Preparation

Preheat the oven to 375F.

Butter an 8x4 inch loaf pan and set aside. In a large bowl, combine the flour, sugar, salt and beer; mix well. The mixture will be sticky. Pour into the loaf pan and bake for about 55 minutes.

At the last three minutes of baking, remove from oven, brush the top of the loaf with the melted butter and return to oven for the final three minutes of baking.

Sautéed Mushrooms

The Dwarves, of course, use deep mushrooms, which have their own particular flavour. For mere surfacers such as myself, however, above-ground mushrooms are preferable.

Ingredients

- 4 Tbsp butter
- 1 -2 Tbsp fresh minced garlic
- 1 lb fresh mushrooms, sliced
- 1 -2 tsp lemon juice
- 1/4 tsp salt (or to taste)
- fresh ground black pepper (to taste)

Preparation

Melt butter in a large skillet over medium-high heat; add in garlic and cook, stirring, for 2 minutes.

Add in sliced mushrooms and cook, stirring, for about 4-5 minutes.

Sprinkle with lemon juice then season with salt and pepper.

Delicious!

Onion Rings

Onions are not easy to obtain, but they keep longer than many vegetables, so they do sometimes find their way to Orzammar. The dwarves prefer them deep fried in batter rather than sautéed.

2 large onions, cut into 1/2-inch rounds
2 quarts cooking oil
1 cup all-purpose flour
1/2 cup cornstarch
1 tsp baking powder
1/4 tsp baking soda
1/2 tsp paprika
3/4 cup light-flavoured beer, ice-cold
1/4 cup 80-proof vodka
Salt

Preparation

Separate onion rounds into individual rings. Freeze until completely frozen, at least 1 hour.

When ready to fry, transfer onion rings to a bowl, and thaw under tepid running water. Transfer to a rimmed baking sheet lined with a clean kitchen towel or several layers of paper towels and dry rings thoroughly. Carefully peel off the inner papery membrane from each ring and discard (the rings will be very floppy). Set aside.

Preheat oil to 375F in a large wok or a Dutch oven over medium-high heat. Combine the flour, cornstarch, baking powder, baking soda, and paprika in a medium bowl and whisk together. Combine beer and vodka in a small bowl.

Slowly add beer mixture to the flour mixture, whisking constantly until batter has texture of thick paint (you may not need all of the beer). The batter should leave a trail if you drip it back into the bowl off the whisk. Do not overmix; a few small lumps are OK. Dip one onion ring in the batter, making sure that all surfaces are coated, lift it out, letting excess batter drip off, and add to the hot oil by slowly lowering it in with your fingers until just one side is sticking out, then dropping it in. Repeat until half of the rings are in the oil. Fry, flipping rings halfway through cooking, until they are deep golden brown, about 4 minutes. Transfer rings to a large mixing bowl lined with paper towels and toss while sprinkling salt over them. The fried rings can be placed on a rack on a rimmed baking sheet and kept hot in a 200F oven while you fry remaining rings. Serve rings immediately.

Candied Mushrooms

Yes, really. At celebrations, the Dwarves add them to their ale.

- 500 g medium-sized mushrooms
- 1 full Tbsp white sugar
- 1/2 cup white wine vinegar
- 1 Tbsp chopped chives
- 1/2 cup ale

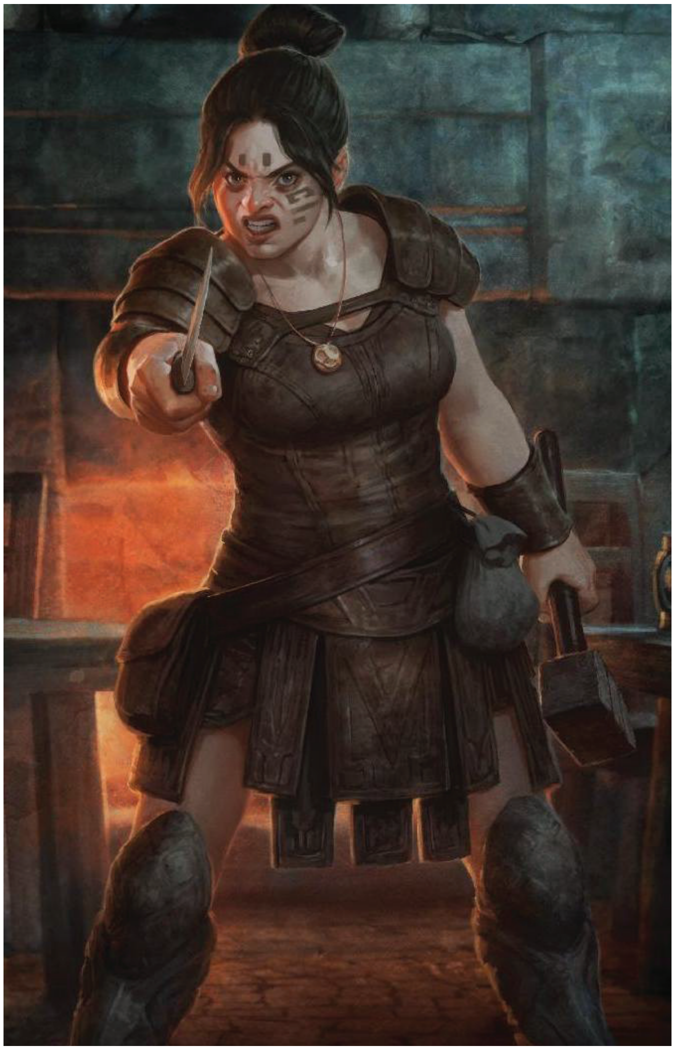
Preparation

Clean the mushrooms and chop into quarters.

Add all of the ingredients to the mushrooms and let it cook softly on a medium heat. Cook until all the juice is gone.

Allow the mushrooms to cool down a bit, and then add a little sea salt and freshly chopped chives.

Distribute the mushrooms across the ale; or, if you are not a dwarf, add it to stew. The mushrooms can also be used in various game salads.



Noble Caste's Nug Stew with Surface Vegetables

Only the wealthiest of Orzammar's citizens could wrangle these ingredients, but I'm sure they would agree it's well worth the hassle. Please note that if you prefer to use actual nug rather than pork, that nug must be boiled for a quarter-hour before preparing. Throw away the boiling water!

1 (2 1/2 lb) boneless pork shoulder, cut into 2-inch cubes
salt and ground black pepper
1 Tbsp vegetable oil
1 Tbsp butter
1 large onion, chopped
2 cloves garlic, minced
1 Tbsp all-purpose flour
1 bay leaf
3/4 tsp caraway seed
1 (12 fluid oz) bottle dark beer
2 cups chicken broth
3 carrots, cut into 1-inch pieces
2 stalks celery, cut into 1-inch pieces
1/4 cup chopped fresh flat-leaf parsley
3 Tbsp balsamic vinegar
12 Lydes sprouts, halved
3 cups mashed potatoes, or as needed
1 tsp chopped flat-leaf parsley

Preparation

Season pork cubes with salt and black pepper.

Heat vegetable oil in a pot over high heat. Working in batches, cook and stir pork in hot oil until browned on all sides, 5 to 10 minutes. Transfer pork to a bowl and reduce heat to medium.

Melt butter in the pot. Cook and stir onion with a pinch of salt in hot butter until onion is softened and translucent, 7 to 10 minutes. Add garlic; sauté until fragrant, about 30 seconds.

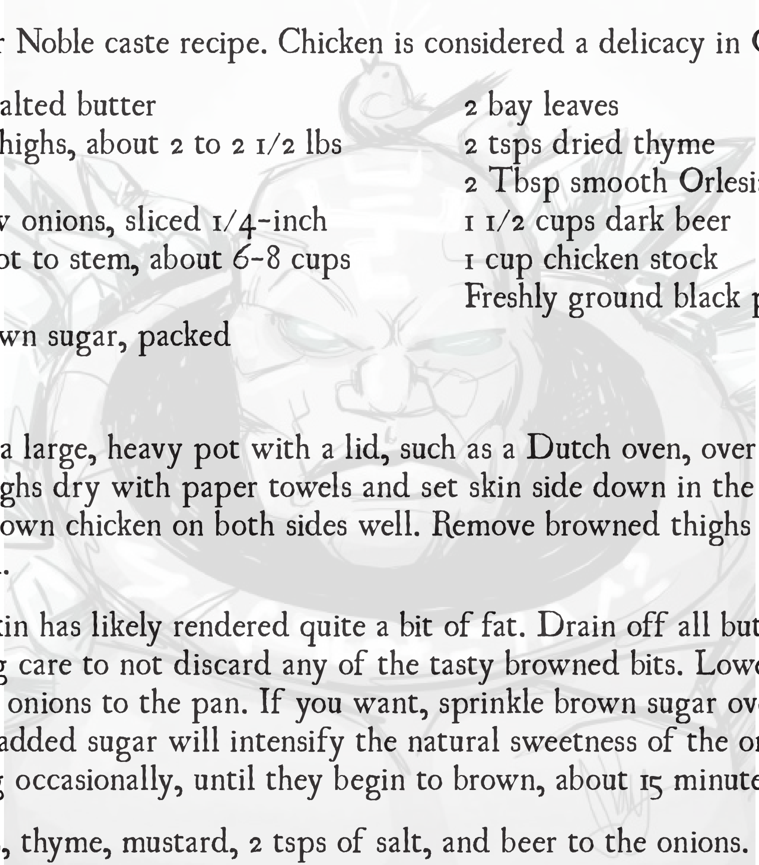
Stir flour into onion mixture; cook and stir until flour is completely incorporated, about 2 minutes. Add bay leaf and caraway seed; cook for 2 minutes more. Pour beer into onion mixture. Cook and stir until thickened, 1 to 3 minutes.

Stir pork, chicken broth, carrots, and celery into beer mixture; bring to simmer. Stir 1/4 cup parsley and balsamic vinegar into stew, reduce heat to medium-low, and simmer until pork is fork-tender, about 2 hours.

Bring a large pot of lightly salted water to a boil. Add the Lydes Sprouts and cook uncovered until almost tender, about 5 minutes. Drain.

Stir Lydes Sprouts into stew and simmer until heated through, about 5 minutes. Season with salt and pepper to taste. Divide mashed potatoes between 6 bowls. Ladle stew over potatoes and top each with a pinch of parsley.

Beer Braised Chicken and Onions



This is another Noble caste recipe. Chicken is considered a delicacy in Orzammar.

- 1 Tbsp unsalted butter
- 6 chicken thighs, about 2 to 2 1/2 lbs
- Salt
- 3 lbs yellow onions, sliced 1/4-inch thick, root to stem, about 6-8 cups sliced
- 1 Tbsp brown sugar, packed
- 2 bay leaves
- 2 tsps dried thyme
- 2 Tbsp smooth Orlesian mustard
- 1 1/2 cups dark beer
- 1 cup chicken stock
- Freshly ground black pepper

Preparation

Melt butter in a large, heavy pot with a lid, such as a Dutch oven, over medium-high heat. Pat chicken thighs dry with paper towels and set skin side down in the butter. Salt meat side lightly. Brown chicken on both sides well. Remove browned thighs from the pan and set aside in a bowl.

The chicken skin has likely rendered quite a bit of fat. Drain off all but 2 Tbsp of fat from the pan, taking care to not discard any of the tasty browned bits. Lower heat to medium and add sliced onions to the pan. If you want, sprinkle brown sugar over onions. This is optional. The added sugar will intensify the natural sweetness of the onions. Cook onions slowly, stirring occasionally, until they begin to brown, about 15 minutes.

Add bay leaves, thyme, mustard, 2 tsps of salt, and beer to the onions. Scrape up any browned bits from the bottom of the pot with a wooden spoon. Add chicken thighs and chicken stock and bring to a simmer.

Cook covered for 45 minutes, then uncover the pot and simmer well until the liquid is greatly reduced and meat wants to fall off the bone, between 45 minutes and 1 hour. If you are using unsalted or low sodium stock, you will likely need to add more salt. Add freshly ground black pepper and more salt to taste.

Serve with potatoes.

Honey-Beer Glazed Chicken

This is similar to the recipe above, using honey rather than mustard.

- 2 Tbsp extra virgin olive oil
- 4 boneless, skinless chicken breasts
- Salt and ground black pepper
- 1 cup light beer, such as lager
- 3-4 Tbsp honey
- 2 Tbsp chopped thyme leaves

Preparation

Place a large skillet over medium-high heat with 2 turns of the pan of oil, about 2 Tbsp

Season chicken breasts with salt and pepper, and sear until golden brown, 3-4 minutes per side.

When second side has seared, add beer, honey and thyme to the skillet and bring up to a bubble. Let liquid reduce and thicken, turning the chicken occasionally, until the meat is glazed and cooked through, 3-4 more minutes.

Beer Braised Strung Nug

This recipe is saved for great feasts, as the ingredients can be difficult to obtain, and the cooking time is long. The name comes from the 'strings' of tender nug once it is done.

1 Tbsp smoked paprika
2 tsp salt
1 tsp crushed red pepper
1/2 tsp garlic powder
1/2 tsp freshly-cracked black pepper
4 lb boneless pork butt or shoulder or loin
1 large white onion, thinly sliced
1 bottle stout beer

Preparation

In a small bowl, whisk together paprika, salt, crushed red pepper, garlic powder, and black pepper until combined. Rub the mixture all over the surface of the pork until covered.

Spread out sliced onions over the bottom of a slow cooker. Then place pork on top. Pour beer over.

Cover and cook on low for 10-12 hours, or until pork litreally falls apart on your fork.

Nug Chops with Beer-Mushroom Sauce

4 Tbsp flour
2 Tbsp butter
8 oz mushrooms, sliced
1 tsp thyme
16 oz(2 cups) beer, room temperature
8 boneless pork centre loin chops (1 1/2 inch thick)

Preparation

Melt butter in a large nonstick skillet over medium-high heat.

Lightly flour chops and brown quickly on both sides and them remove pork chops.

Add mushrooms and thyme and sauté 1 minute.

Return chops to skillet, add beer and bring to boil.

Cover and simmer for 12 to 15 minutes.

Beer-Candied Nug

A sweet treat, very popular with children, but tasty for all ages.

- 1 lb thick-cut, high quality bacon
- 1/2 cup brown sugar
- 1/4 cup + 2 Tbsp beer (stout is good)

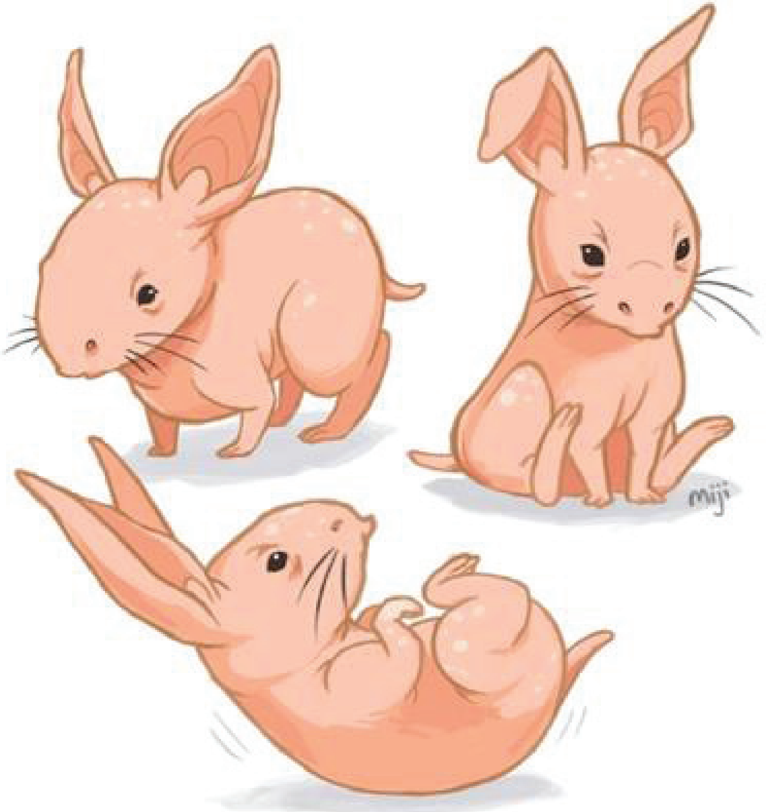
Preparation

Preheat oven to 400 degrees. Combine brown sugar and beer in a small bowl, whisking well to form a thin syrup. Set aside.

Line a rimmed baking sheet with aluminum foil. Place a wire cooling rack on top. Place the pieces of bacon on top of the rack, overlapping if necessary. Place in oven and cook for 10 minutes.

Remove from oven and brush one side of the bacon with the beer syrup. Flip, and coat the other side with the syrup as well. Return to oven and cook for 10 minutes. Remove from oven, and repeat process another time or two more, until bacon is crispy and browned, and you've used all the glaze.

Cool on wire rack for at least 1 hour before serving.



Beer Cake

Suitable for birthdays or Proving parties, this cake utilises Rivaini cocoa and sour cream. Fresh cream is almost unheard of in Orzammar.

- 1 cup pale ale
- 1/2 cup unsalted butter
- 3/4 cup unsweetened cocoa powder
- 2 cups sugar
- 3/4 cup sour cream
- 2 eggs
- 1 Tbsp vanilla
- 2 cups flour
- 1 Tbsp baking soda

Preparation

Preheat oven to 350F. Grease a round Bundt pan well. Whisk the sour cream, eggs and vanilla well in a small bowl – the mixture should be creamy yet fluffy. Pour one cup of beer into a large saucepan over medium heat. Slice up the stick of unsalted butter into about 1 Tbsp chunks and drop them in that beer to melt them slowly while stirring occasionally. As soon as butter is melted, whisk in unsweetened cocoa powder and white sugar until you have a rich, dark, chocolaty mixture. Add egg/sour cream/vanilla mixture to the chocolate mixture and whisk together. Stir in flour and baking soda until mixed.

Pour into greased Bundt pan, and bake for about 45 minutes, or until a toothpick inserted into the centre of the cake comes out clean. Take the pan out of the oven and cool for about 15 minutes on a wire rack. Lay some parchment paper or wax paper on another wire rack and invert the Bundt pan and let the cake gently slide out. Let cake cool completely.

Bronto Splash

For Dwarves tired of drinking only one kind of beer at a time, there is this: A mixture of two kinds at once. The name – well, perhaps the less said, the better.

- 1 (12 fluid oz) bottle lager beer
- 1 (12 fluid oz) bottle stout beer

Preparation

Gently pour half the lager beer into a tall beer glass. Place a large Tbsp, dome side up, an inch or so above the lager beer, with the tip of the spoon pointed slightly downhill. Slowly pour half the stout beer over the Tbsp, so the stout gently pours down the side of the glass in a thick trickle. Allow to stand a few seconds so 2 distinct layers of beer form.

Surfacer Sip-Sip

The derogatory name of this drink tells you all you need to know, Dear Reader. Upon my arrival in Orzammar, I was offered this concoction, on the assumption that it was the only thing surfacers would be capable of imbibing!

- 1 (12 oz) bottle lager beer
- 1/2 cup prepared lemonade

Preparation

Pour beer into a pint glass. Slowly add the lemonade; stir gently.

Qun

Alas, Dear Reader, the Grey Giants' culinary secrets are their own. My attempt to experience Qunari cuisine was a dismal failure. I was not permitted onto Par Vollen's shore; instead, upon learning of my purpose, I was unceremoniously *shaken down*. My small and precious supply of Orlesian *macarons* – the recipe for which I have never been permitted access – was stolen from my person, and I was marched back onto the merchant ship on which I had arranged passage. The Captain gleefully laughed at my predicament and cheerfully charged me double to return to Rivain. I shall not make the attempt again.

Sten Approves 100 Plus Cookies

- 3 1/4 cups flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- 1/4 tsp nutmeg
- 1 pinch cardamom
- 1 tsp ginger
- 1 tsp cinnamon
- 1 cup butter
- 1/2 tsp whole cloves
- 1 anise pod
- 1 1/2 cups dark brown sugar
- 6 Tbsp powdered sugar
- 2 eggs
- 4 tsp vanilla extract
- 1/2 bar orange chocolate, broken into bits
- 1/2 bar chili chocolate, broken into bits

Preparation

Preheat the oven to 300 F. Grease 2 cookie sheets.

Mix flour, baking powder, baking soda, salt, nutmeg, ginger, cinnamon and cardamom. Set aside.

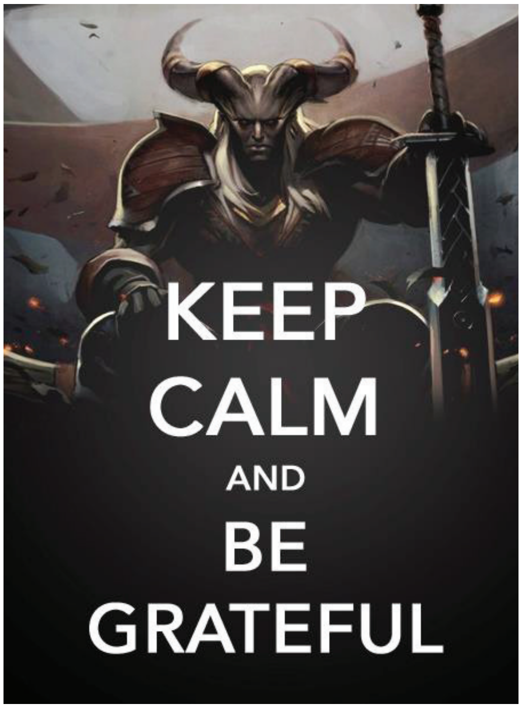
Melt butter in a small pan over low heat. Add cloves and anise pod while the butter is melting. Once it's melted to Beat butter, brown sugar, and powdered sugar until creamy. Add eggs one at a time, making sure to mix well after each addition. Add vanilla.

Gently fold flour mixture into butter mixture. Fold in the chocolate bits.

Separate the dough into 24 little balls. Place them on the cookie sheet and flatten them to a good cookie-worthy thickness.

Bake until edges are golden, 15-17 minutes. Allow cookies to cool on the cookie sheet until the centres are set, about 20 minutes. The centres will be slightly soft.

Enjoy moderately and with gratitude, and know your place in the Qun.



Rivain

The ways of the Rivaini are strange and unique in all Thedas. The chant, as Brother Genitivi has written, 'never truly reached the ears of these people.' They are resistant to the norms of Tevinter, the Qun, or civilised Thedas. They have seers rather than priests, and are at ease with magic use to a degree which is thoroughly disconcerting. For those on such a quest as you and I, however, their cuisine is surely the most exotic in Thedas. Be wary, Dear Reader, for the Rivaini love spicy dishes!

Tea Eggs

Eggs, hard-boiled and then steeped in spiced, strong tea. These are beautiful to look at, with a cracked-glaze effect all over the flesh of the egg.

6 eggs
3/4 cup soy sauce
2 star anise
2 Tbsp black tea (or 2 tea bags)
1 cinnamon stick
1 tsp sugar
1 Tbsp Szechuan peppercorn (optional) (My host suggests black peppercorns)
2 strips dried tangerine or mandarin orange peel (optional)

Preparation

Gently place the eggs in a medium pot and fill with water to cover the eggs by 1-inch. Bring the pot to a boil, lower the heat and let simmer for 3 minutes.

Remove the eggs (leaving the water in the pot) and let cool under running cool water.

Using the back of a spoon, gently tap eggshell to crack shell all over. The more you tap, the more intricate the design. Do this with a delicate hand to keep the shell intact.

To the same pot with the boiling water, return eggs and add in remaining ingredients. Bring the mixture to a boil and immediately turn heat to low.

Simmer for 15 minutes, turn off heat, and cover with lid. Let eggs steep for a few hours to over-night. The longer you steep, the more flavourful and deeply marbled the tea eggs will be.

Ginger Clove Cinnamon Tea

Rivain is famous for its tea, and especially for this tea, which is renowned for its healing properties.

Mix 1/4 tsp each ground ginger, ground cinnamon, and ground cloves with two cups of hot water.

Steep for three to five minutes, and, if you wish, add a sweetener such as honey or sugar.

Drink while hot.

Coleslaw

Like most Rivaini foods, this coleslaw includes hot peppers. Use your own judgement in this regard.

4-5 cups shredded cabbage
3/4 cup purple cabbage
1 cup shredded carrot
3/4 cup diced pineapple
1 cup mango (sliced thin)
3 tablespoon finely diced red onion
1/4 Starkhaven bonnet pepper, diced finely (no seeds) 1/4 teaspoon sea salt

For the Dressing:

1 cup mayonnaise
1 teaspoon Orlesian mustard
3/4 tsp dry mustard powder
3 Tbsp pineapple juice (or vinegar)
1 tsp white sugar
1/4 tsp black pepper
1/4 tsp celery salt
1/2 lemon (juice)

Preparation

There are two steps to the recipe. Step 1 is to prepare the fruits and vegetables and Step 2 is basically making the dressing and mixing everything together.

Whisk all the dressing ingredients in a bowl and set aside.

Place shredded cabbage in large bowl. Don't add too much of the purple cabbage as it will discolour the entire coleslaw as you mix everything together. Add all the other ingredients, top with the salt and mix in dressing. Mix. Chill before serving.

Rivaini Coconut Vegetable Stew

In Ayesleigh I was teased a little for ordering this. It is considered a general curative. It is delicious, however, and I was happy to accept the light mockery in exchange for this intoxicating stew.

1 cassava, peeled, washed, and cubed
1 yellow yam, peeled, washed, and cubed
2 carrots, peeled and sliced
2 small / medium sweet potatoes, peeled and cubed
1 onion, diced
4 cloves garlic, minced
1 Tbsp fresh minced ginger
1 small hot pepper, seeded and minced
14 oz coconut milk
1 Tbsp curry powder
Salt and Pepper

For the Plantain Chips:

2 green plantains, peeled and sliced
3 Tbsp coconut oil
Salt to taste

For the stew:

In a large pot, sauté onions in oil until tender. Add garlic and ginger and cook until fragrant, about 30 seconds to a minute.

Add coconut milk and all the vegetables to the pot. Add about 1/2 - 1 cup or so of water, or enough that your vegetables are mostly covered but not totally. (You can also add more coconut milk if you have a lot of vegetables.)

Reduce the heat to medium-low, and let vegetables simmer for about 10 minutes. Add minced hot pepper, curry powder, and salt and pepper. Continue to simmer vegetables until everything is tender, about 15 - 20 minutes.

For the plantain chips:

Heat oil in a medium skillet over medium high heat. Fry plantain chips until golden brown, approximately 3 minutes per side. Season with salt.

Fish Tea

Dear Reader, should you ever find yourself in Rivain, under no circumstances allow yourself to get slightly tipsy and then make light of claims about the impact of certain foods, no matter how innocuous you are sure they must be. Especially do not scoff at a seer when she insists that the fish stew will...affect a person, in their...regions. You will regret it.

2 lb small fish
3 l water
2 large or medium cloves garlic
1 sprig thyme
3 stalks scallions
2 medium potatoes
4 finger green bananas
1 green Starkhaven bonnet pepper
salt to taste black pepper
few pimento seeds
2 lemons or limes

Preparation

Wash fish in vinegar or lemon and drain.

Combine fish, garlic and water to boil until fish is off the bone of the fish.

Pour the contents through a strainer and remove all bones.

Wash the potatoes and cut small.

Add potatoes and salt to the strained soup.

Peel and add green bananas.

Let the soup simmer, then add thyme, scallions, pepper, pimento and black pepper

Simmer for another 8 min. Serve hot.

Saltfish Cakes

- 2 Tablespoon oil
- 1 cup onions
- 1 cup flour
- 1 tsp baking powder
- Salt to taste
- 1 egg lightly beaten
- 3/4 cup milk
- 1 Tablespoon butter
- 2 Tablespoons shallots
- 1/2 lb salted cod fish, cooked and flaked
- 1 large fresh hot pepper

Preparation

Finely chop onion, shallots and hot pepper.

Sauté oil and onions until wilted.

Combine dry ingredients in bowl.

In smaller bowl, mix egg, butter and milk.

Make indention in dry ingredients; pour egg mixture into and mix lightly.

Add chopped vegetables, fish, salt and pepper. Stir well.

Drop by spoon full into hot oil, 2-3 at a time. Brown and serve.

Authentic Rivaini Beef Stew

This is not the Marcher attempt at fixing Ferelden stew; *this* is how the Rivaini stew their beef. Spicy, marinated beef with sweet potato and the zest of lime, this epitomises Rivain. If you wish to reduce the spiciness – as I fear I myself had to do – you may use a small red chili instead of the Starkhaven bonnets.

1kg braising beef, cut into 3 cm chunks
2 limes, juiced and zested
1-inch piece fresh root ginger, peeled and grated
3 garlic cloves
1 bunch spring onions, finely sliced
1-2 Starkhaven bonnet chilies, deseeded
3 sprigs fresh thyme or 1 tsp dried
2 Tbsp dark brown sugar
2 Tbsp malt vinegar
2 Tbsp vegetable oil
500ml beef stock
300g sweet potato, peeled and cut into 2-inch chunks
Salt and pepper
plain rice, to serve
lime wedges, to serve

Preparation

Place beef in a large non-metallic dish. Add lime juice and zest, ginger, spring onions, chilies, thyme, sugar and vinegar. Leave, covered, in the fridge to marinate for 2–3 hours.

Remove meat from marinade, scraping off and reserving as much of the marinade as possible. Heat oil in a Dutch oven, add marinated beef and fry over a high heat until meat is coloured here and there.

Pour in stock and reserved marinade, add sweet potato and bring everything up to a steady simmer. Cover with a tight-fitting lid, reduce heat and simmer gently until beef is really tender, about 2–2 1/2 hours.

Taste to check seasoning. Serve with rice and lime wedges.

Chicken Pumpkin Soup

- 3 l water or chicken stock
- 2 lb chicken pieces
- 1/2 lb carrots, cubed
- 6 Pimento Seeds/Berries (Allspice)
- 1/4 lb turnips, cubed
- 3 garlic cloves crushed
- 1 lb pumpkin/squash, cut into 1-inch pieces
- 1/2 lb cho cho (chayote), cut into 1-inch pieces
- 1 lb yellow yam, cut up
- 3 sprig thyme
- 2 stalks scallions
- 1 Tbsp salt
- 1 medium potato
- 3 stalks celery, diced
- 3 stalks corn broken in half (optional)

Preparation

Boil chicken in water or stock for 20 minutes with pumpkin, cho cho, pimentos, garlic, and salt.

Cut up vegetables, yam, and cho cho and add with the other ingredients to the pot.

Dumplings may be added if desired.

Simmer for 1/2 hour or so, until yam is cooked (soft but not mushy), and the soup is of a medium consistency.

Fade Visions Chicken

1 chicken, cut up in 8 pieces (skin-on)
Salt and freshly ground pepper, to taste

For the Marinade:

1/4 cup vegetable oil
Juice of 6 limes
2 Tbsp ground allspice
2 tsp ground cinnamon
1/2 tsp ground nutmeg
1/2 tsp ground cloves
1 Starkhaven bonnet, deseeded
About 1/4 cup chopped fresh thyme
8 green onions, roughly chopped 4 garlic cloves, chopped
2 Tbsp chopped ginger 2 Tbsp brown sugar

Preparation

To make the jerk marinade: Add oil, lime juice, allspice, cinnamon, nutmeg, cloves, Starkhaven bonnet, thyme, green onions, garlic, ginger, brown sugar, together. Blend into a paste. Scrape marinade in large non-reactive bowl.

Cut a few incisions into each piece of chicken. Scoring the chicken will allow the marinade to penetrate the meat.

Add chicken to marinade and toss to coat. Cover and let marinate, in fridge, at least 4 hours but up to 24 hours. Toss chicken occasionally so it marinates evenly.

Preheat grill to medium high. Oil grill.

Add chicken to grill. Reduce heat to medium. Cover. Grill chicken until cooked through, juices run clear and meat no longer pink, turning frequently, about 25 to 35 minutes, depending on thickness of chicken.

Rivaini Meat Pies

For the pie crust:

- 4 cups all-purpose flour (plus more for dusting)
- 2 Tbsp sugar
- 1/2 Tbsp salt
- 1/2 – 2 tsp turmeric
- 5 oz Shortening
- 1 Tbsp cider vinegar
- 1 cup iced water
- 5 oz butter

Beef Filling:

- 1/2 medium onion chopped
- 1 tsp granulated garlic
- 1 tsp paprika
- 1/2 tsp allspice powder
- 1 tsp curry
- 1 tsp dried thyme
- 1 tsp white pepper
- 3 green onions, chopped
- 2 Tbsp chopped parsley
- 1/2 tsp salt or more
- 1/2 tsp chili pepper
- 1 lb ground beef
- 1/4 cup bread crumbs
- 1/2 Starkhaven bonnet pepper chopped (optional)
- 1 tsp chicken bouillon powder (optional) replace with salt

Preparation

For pie crust: Mix together, flour, salt, sugar, turmeric blend well Add butter & shortening, followed by vinegar & water in small amounts, mix until combined and dough holds together in a ball. Place dough on a well-floured surface. Divide in 2 and roll out. chill for at least 30 minutes until ready to use. Using a large mouth glass or bowl, cut out 4-5" circles. Chill for at least 30 minutes or until ready to use.

To make meat pie filling: Add 2 Tbsp of oil to a saucepan, followed by onions, garlic, paprika, thyme, curry, chili powder, white pepper, allspice and chicken bouillon. Simmer for about 2 min. Add ground meat & bread crumbs and continue cooking for about 10 minutes, stirring frequently to prevent burning. Add about 1/2 cup of water. Finally, add green onions and parsley, adjust salt and pepper seasoning. Remove from stovetop and let cool.

To assemble: Scoop a heaping Tbsp of filling into each circle and brush with egg white around half the circle. Fold over and twist with fingers gently to seal the edges of the meat pie. Another way of sealing is by pressing the tines of a fork along the edges of the dough.

Preheat oven to 375F.

Carefully place each pie on a baking sheet and bake for about 30 min.

Best served warm.

Black Cake

This dense fruit cake is served at major festivals. It must be prepared months in advance. The fruit is chopped small, so one does not get a mouthful of fruit; rather, all the flavours permeate each bite.

Marinated fruit mixture (enough for two cakes):

1 cup plus 2 Tbsp raisins
1 cup plus 2 Tbsp dried prunes
1 cup plus 2 Tbsp currants
1 cup plus 2 Tbsp glace cherries
1/2 cup plus 3 Tbsp mixed candied citrus peel (lemon, orange etc – real peel, not candied)
1/2 bottle or 1 1/2 cups Madeira wine
1/2 bottle or 1 1/2 cups dark Rum

Cake (the fruit mixture described above is enough for two cakes like this one):

1 cup plus 2 Tbsp unsalted butter, softened
1 cup plus 2 Tbsp dark brown sugar
1/2 marinated fruit mixture (described above)
1/2 Tbsp natural vanilla extract
1/4 tsp freshly ground nutmeg
1/4 tsp ground cinnamon
6 large eggs (or 7 medium size eggs)
2 cups all-purpose flour
1 1/2 tsp baking powder
9 Tbsp molasses
round 9" (22-24cm) spring form or cake pan, parchment paper for baking

Icing (enough for one cake described above):

1/2 cup marmalade, orange or any other
10 oz marzipan
10 oz ready-to-roll white fondant icing

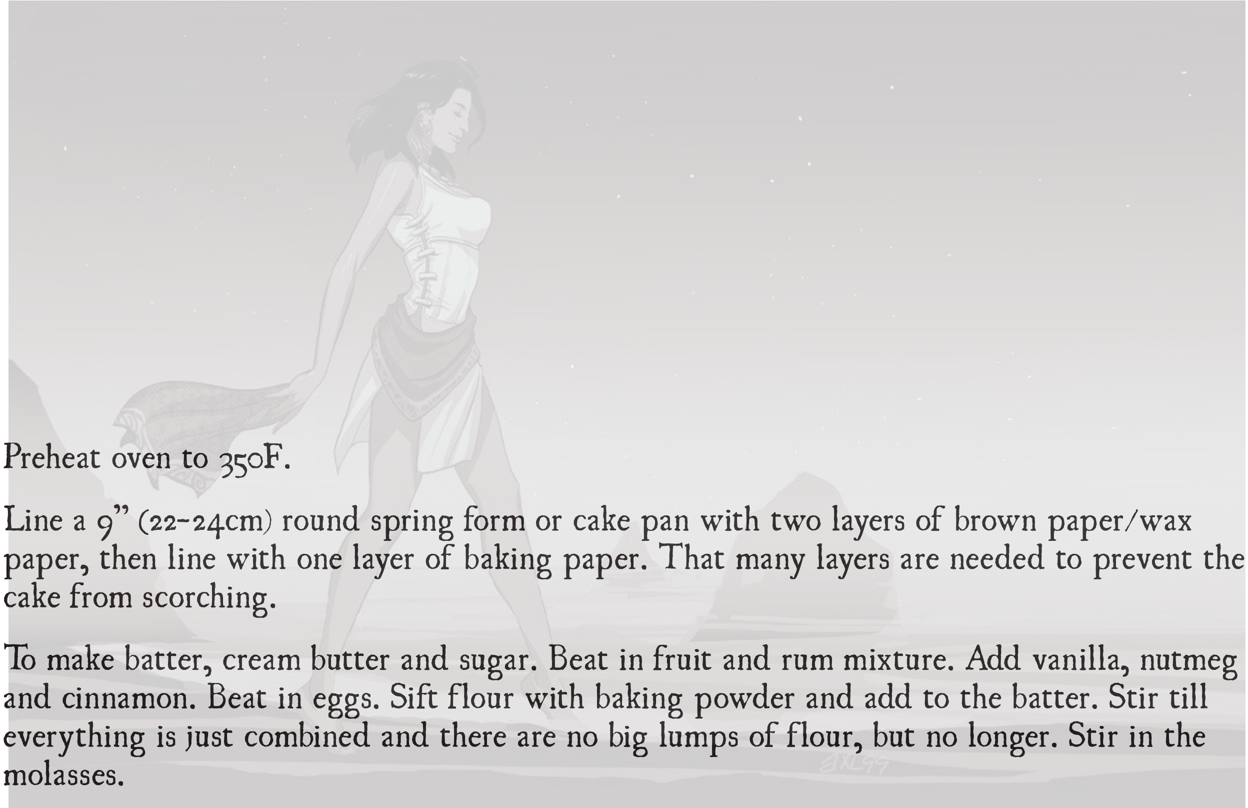
Preparation

Step 1: Marinate the fruits

Start at least five weeks (up to 6 months) before you plan to eat the cakes, i.e. for Saturnalia - sometime mid-Autumn. Chop the fruit until you get very small pieces, but do not puree. It is better to do one fruit at a time, so they don't get crowded. Place the processed fruits in a large airtight plastic container (should be around 2.5 litres in volume). Pour in Madeira and rum. Stir. Put the lid on and leave to marinate at room temperature, away from light for two weeks to six months before you move to baking the cakes.

Step 2: Bake the cakes

At least 3 weeks before you plan to serve the cakes, bake them. It is better to first make the batter for one cake and bake it. Then repeat the process with the second cake. In an ordinary home oven you will hardly be able to properly bake two cakes simultaneously. And given that they bake for a long time, mixing the batter in advance won't work too.



Preheat oven to 350F.

Line a 9" (22-24cm) round spring form or cake pan with two layers of brown paper/wax paper, then line with one layer of baking paper. That many layers are needed to prevent the cake from scorching.

To make batter, cream butter and sugar. Beat in fruit and rum mixture. Add vanilla, nutmeg and cinnamon. Beat in eggs. Sift flour with baking powder and add to the batter. Stir till everything is just combined and there are no big lumps of flour, but no longer. Stir in the molasses.

Pour the batter in the prepared pan. Bake at 350F for 1 hour.

Reduce oven to 325F. Cover the cake with a sheet of foil or baking paper (to save it from burning) and keep baking for 1 - 1.5 hours till a wooden stick inserted in the middle of the cake comes out clean.

Remove from oven and let cool to room temperature in its pan, on a cooling rack. Once cooled, remove cake from pan and remove the paper. Pack the cake in several layers of plastic wrap or in an airtight container. Leave to mature at room temperature, away from light for at least three to four weeks.

Step 3: Ice the cakes

Before serving, ice the cakes. Unpack a cake and set it on a serving dish. Heat the marmalade. If it has any solid fruit pieces in, either puree or strain it. Brush the top and sides of the cake with marmalade to make it wet and sticky. Dust your working surface with icing sugar and roll the marzipan around 3 mm thick. You need to get a round large enough to coat the top and sides of your cake, plus extra 3-4 cm. Cover the cake with marzipan.

Press the marzipan slightly to make sure it sticks to the jam and there are no air holes. Trim the excess. Dust your working surface with icing sugar again and roll the fondant icing the same way as marzipan. Slightly brush marzipan with cold water and cover with the icing. Press the icing down to make sure it sticks to marzipan. Trim excess.

Dairsmuid Stars

A child approached me with a tray of these during a holiday I never learned the name of. I was so ecstatic about them that she took me to her grandmother and insisted the old lady teach me. I do my poor best to provide my account here:

For the dough:

- 2 cups flour
- 1 Tbsp baking powder
- 1 tsp salt
- 2 Tbsp butter
- 1/2 cup, or 8 Tbsp cold water

For the filling:

- 2 cups finely shredded coconut
- 1 Tbsp butter
- 2 cups brown sugar
- 1 Tbsp vanilla
- 1 tsp ground nutmeg
- 1/4 cup Water

Preparation

Combine flour, salt, and baking powder together in a large bowl. Add butter to flour mix in small pieces. Use your fingers to dilute the butter with the flour. Add cold water to the buttered flour. Work it out to look like crumbs. Put aside for 25 minutes.

Use a baking board and a rolling pin to roll flat the pastry. (It will be heavy.) Use your palm hit the pastry to flatten. Use a round clean tool to cut circles, as big as your palm and fingers.

Have a container with flour to use anytime you want it. Now, using your fingers, fold the pastry, and pinch and clamp around, forming a star-cup shape. Make about 8 clamps.

Next, preheat your oven to 350F eight minutes before baking. Grease a baking sheet, and put the star cups to bake for 10 minutes.

Now to do the filling, add to and combine in a stew pot on medium heat: grated coconut, sugar, nutmeg, mixed spices, vanilla and 1/4 cup of water.

Allow to cook for 8 minutes, stirring constantly. Add the butter 4 minutes before you are finished cooking.

Add the coconut mixture to partially baked star cups. Finally, bake for 18 minutes more.

Ginger Cake with Rum Sauce

For the cake:

3 cups all-purpose flour
1 Tbsp cinnamon
2 tsp baking soda
1 tsp ground cloves
1 tsp ground ginger
1 tsp salt
1 1/2 cup white sugar
1 cup canola oil
1 cup black strap molasses
2 eggs
1/2 cup water
2 Tbsp minced ginger root
1/2 cup fine diced crystallized ginger

Preparation

Butter and flour a 10" bundt pan and set aside.

In bowl, whisk together flour, cinnamon, baking soda, cloves, ground ginger and salt.

In a large bowl, whisk together sugar, oil, molasses, eggs, water and ginger-root.

Stir in the flour mixture into the molasses mixture one third at a time. Stir in crystallized ginger. Pour into prepared pan. Bake in the centre of 350F oven for about 1 hour or until cake tester inserted comes out clean. Let cool on rack for 30 minutes. Remove from pan; let cool completely on rack.

For Rum Sauce:

2/3 cup brown sugar
1/3 cup whipping cream
1/4 cup butter
1 tsp vanilla
1/4 cup dark rum

Preparation

In a small sauce pan bring the brown sugar, whipping cream and butter to a boil and keep it at a boil for three minutes. Remove from heat and stir in the rum and vanilla.

Cool slightly and pour over warm cake.

Rum and Coconut Water

2 oz golden rum	Angostura bitters
Fresh coconut water	

Pour rum into tall glass. Add fresh coconut water for the ratio you choose, and a couple dashes of Angostura bitters.

Painkiller

I assume the name of this is made in jest. At any rate, it was not painless the next morning.

Mix 1 oz orange juice with 1 oz coconut milk, then add in 4 oz pineapple juice, 2 oz rum, and pour over crushed ice. Add nutmeg for garnish.

Seer's Spirit

Adjust the ratios to taste.

Pour 1 1/2 oz white rum in a small glass. Add 1/4 oz cane syrup. Add 1/4 oz freshly squeezed lime juice. Stir with a swizzle stick. Add an ice cube or two if desired.

Pride of Afsaana

1 oz Dark Rum	6 oz Orange Juice
1/4 oz Amaretto	

Preparation

Pour all ingredients over ice in a glass. Stir

Starkhaven

The wealthiest of the Marcher states, Starkhaven is the most culturally distinct of those loose-knit peoples. The unmistakable lilting accent is the hallmark of its intrepid citizens, whose representatives are found throughout the free states of Thedas. Kirkwall dismisses it as pretentious; Orlais sniffs and calls it a backwater – the truth is something all its own. Their food, like their accent, is unique in Thedas.

Buttermilk Scones

Similar to the Dalish recipe (see the Dalish chapter), these are delicious and quick to make.

2 1/2 c (625 mL) all-purpose flour
2 Tbsp (30 mL) granulated sugar
2 1/2 tsp (10 mL) baking powder
1/2 tsp (2 mL) baking soda
1/2 tsp (2 mL) salt
1/2 c (125 mL) cold butter, cubed
1 c (250 mL) buttermilk
1 egg

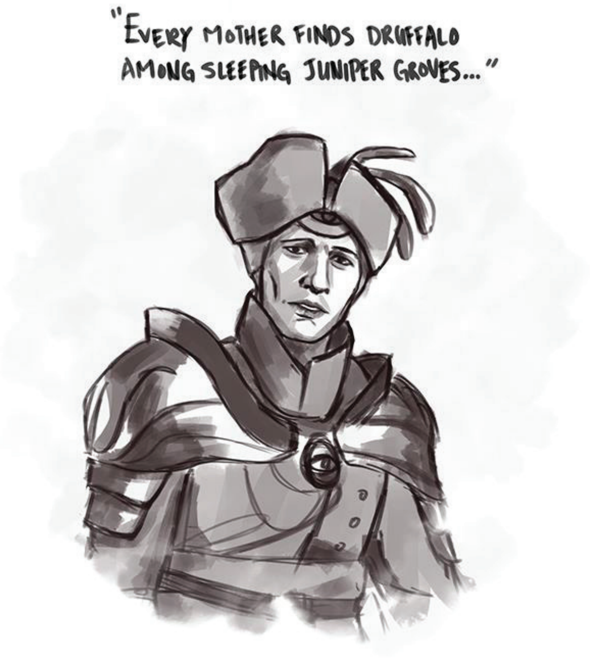
Preparation

In large bowl, whisk together flour, sugar, baking powder, baking soda and salt. Using pastry blender or 2 knives, cut in butter until in crumbly. Whisk buttermilk with egg; pour over flour mixture. Using fork, stir to make soft ragged dough.

With lightly floured hands, press dough into ball. On floured surface, knead gently 10 times. Pat out intom 10- x 7-inch (25 x 18 cm) rectangle; trim edges to straighten.

Cut rectangle into 6 squares; cut each diagonally in half. Place on parchment paper-lined rimless baking sheet.

Bake in 400F oven until golden, 18 to 20 minutes. Transfer to rack; let cool.


"Every mother finds druffalo among sleeping juniper groves..."

Oat Cakes

Another classic Starkhaven item, these are simple, filling, and excellent for breakfast.

- 2 c Oatmeal
- 1 c Flour
- 1/2 tsp Salt
- 1/2 c Vegetable Oil or Butter
- 1/4 tsp Baking Soda
- 1/2 c Brown Sugar
- 1/4 c Boiling Water

Preparation

Preheat oven to 400F and line baking sheet with parchment paper.

Dissolve baking soda in boiling water (add a little more water if needed).

Combine dry ingredients with butter, then add dissolved baking soda.

Mould into a dough ball, then press it out onto a baking sheet. You can roll it out with a dough pin to make it thin as you want it to be about 1/4 inch thick.

Cover and chill for 10-15 minutes to firm up the dough, then remove and score down the middle and across to make 8-10 squares (you'll use these lines for clean cuts after it's done baking).

Bake for 12-15 minutes until they are golden brown. They should be crisp and crunchy, not chewy.

Separate the cakes along the score lines with a thin knife and then allow them to cool.

Trout Fried in Oatmeal

Nothing beats fish freshly caught, and in Starkhaven the Minanter River is a generous provider. The oats are a Starkhaven favourite.

6 trout, cleaned
Salt
2 beaten eggs
Freshly ground black pepper
1 cup oatmeal
2 oz lard
1 1/2 oz butter
2 lemons, cut in round slices
6 sprigs parsley

Preparation

Wash the trout, wipe dry and sprinkle the insides with salt. Season oatmeal with a little salt and pepper. Dip each one in the egg and coat thickly with seasoned oatmeal.

Melt the lard in a frying pan and fry the trout for three minutes on each side. Place the fish on a paper towel to remove excess fat, then transfer to a warm serving dish.

Place a little butter on top of each dish and decorate with the lemon slices and parsley.

Fish and Egg Pie

This is *the* Starkhaven dish. Famous throughout Thedas, it is difficult to master, but, as Brother Genitivi says, 'Superb.'

- Good pie dough, made with butter
- 1 cup wine
- 1 cup chopped onion
- 1 cup chopped carrot
- 1 cup chopped celery
- Sprigs of thyme
- 1 or 2 bay leaves
- Handful of sea salt
- One to three fish, depending on size, from the Minanter River (carp, trout, or others)
- 1 cup dried currants
- 1 cup sliced almonds
- 2 or 3 eggs, boiled hard and sliced
- 1/2 cup butter
- 1/2 cup flour
- 2 cups fish broth
- 2 cups milk
- Salt, pepper, freshly grated nutmeg
- 1 cup single cream
- 1 egg, beaten, for preparing the crust
- Whitebait or other small fish, fried till crispy (optional)

Preparation

Fill a good-sized pot with one gallon of water. Add the wine, onion, carrot, celery, herbs, and sea salt. Heat the liquid until it steams, then gently add fish to the pot. Ensure the pot is fully covered. Continue to let it simmer, but do not let it boil. When fish is just cooked through, remove it from the liquid and let cool. Remove the meat from the bones and break it into chunks.

In a separate pot, melt the butter. Add the flour and stir for about two minutes. Add the broth and milk and whisk vigorously till the mixture is smooth. Continue to whisk while you bring the sauce to a boil and allow it to cook for at least ten minutes. If you find the sauce too thick, thin it out with more fish broth or milk. Once it is cooked, remove from heat and stir in the cream. Season liberally with salt and add freshly grated nutmeg and pepper if desired. Now stir in the meat form the fish, the currants, the almonds, and the sliced eggs. Transfer this mixture into a large earthen crock.

Roll out the pie dough into a circle large enough to cover the crock. Brush the beaten egg around the edges of the crock, then place the pie dough over top, covering the fish filling. Crimp the edges and cut away any excess dough. Brush the dough with egg and make slits in the crust. Bake until the crust is golden and the filling is bubbling. If desired, serve the pie topped with small fish, deep fried whole for added texture and flavour.

Cullen Skink

Traditional, homey fare. A soup that is filling enough to be a meal on its own.

- 2 lbs smoked haddock fillets
- 2 1/2 c milk
- 2 large baking potatoes, peeled and diced
- 1 large onion, finely chopped
- Ground black pepper to taste
- 2 Tbsp chopped fresh parsley

Preparation

In a saucepan over medium heat, combine haddock and milk. Simmer for about 15 minutes, or until fish flakes easily with a fork. When fish is done, remove it with a slotted spoon and set aside in a bowl. Add potatoes and onion to the milk and simmer until tender, about 10 minutes.

Transfer the contents of the pan to a bowl, in batches if needed, and blend until smooth and creamy. Return to the pan and flake the fish into the soup. Heat through gently, but do not boil. Serve immediately. Season with pepper and garnish with parsley to individual tastes.

Cock-A-Leekie Stew

A meal all its own: chicken soup with carrots and leeks, and barley to thicken – traditional Starkhaven 'stick to your ribs' fare.

- 1 (2 to 3 lb) whole chicken, cut into pieces; or 2-3 lbs chicken thighs
- 1/2 c sliced carrots
- 1 c barley
- 2 1/2 c water
- 1 tsp chicken bouillon powder
- salt and pepper to taste
- 1 leek (white and tender green part only), sliced

Preparation

In a large pot combine the chicken, carrots, barley, water, bouillon and salt and pepper to taste. Bring all to a boil. Reduce heat, cover and let simmer for 30 minutes or until chicken is cooked through and no longer pink inside. Skim broth as needed.

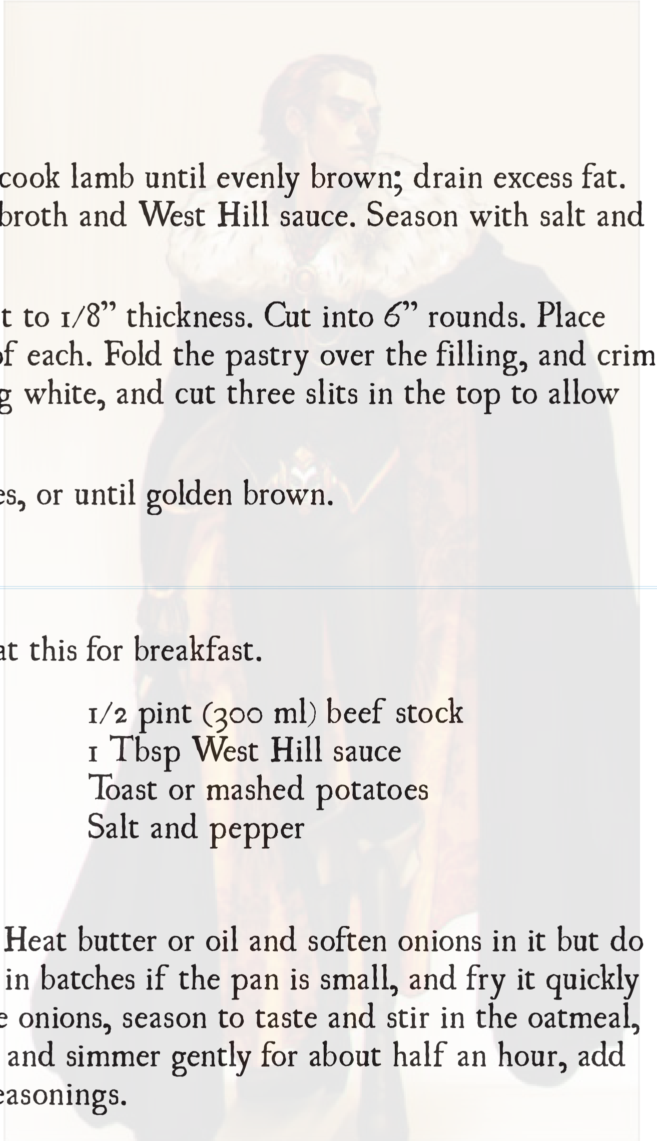
Remove chicken from pot and add leeks. Bring back to a boil; reduce heat, cover and let simmer another 15 minutes or so, until thickened.

Meanwhile, skin and debone the cooked chicken. Return chicken meat to thickened stew and cook for about 5 minutes to heat through. Serve hot.

Forfar Bridies

Pastry filled with ground lamb. Excellent for picnics, or any on-the-go meals.

- 12 oz ground lamb
- 1 onion, chopped
- 2 Tbsp beef broth
- 1 tsp West Hill sauce
- 1/4 tsp salt, or to taste
- 1/4 tsp ground black pepper, or to taste
- 1 recipe pastry for double-crust pie
- 1 egg white, lightly beaten



Preparation

Preheat oven to 350F.

In a large heavy skillet over medium heat, cook lamb until evenly brown; drain excess fat. Remove from heat, and stir in onion, beef broth and West Hill sauce. Season with salt and pepper.

On a lightly floured surface, roll pastry out to 1/8" thickness. Cut into 6" rounds. Place approximately 1/2 cup filling on one half of each. Fold the pastry over the filling, and crimp edges to seal. Brush lightly with beaten egg white, and cut three slits in the top to allow steam to escape. Place on baking sheet.

Bake in preheated oven for 30 to 35 minutes, or until golden brown.

Minced Collop

The locals, Maker forgive them, actually eat this for breakfast.

- 1 lb (450 g) lean ground beef
- 1 Tbsp butter or oil
- 2 small finely chopped onions
- 1 Tbsp oatmeal, optional
- 1/2 pint (300 ml) beef stock
- 1 Tbsp West Hill sauce
- Toast or mashed potatoes
- Salt and pepper

Preparation

Break up the mince so there are no lumps. Heat butter or oil and soften onions in it but do not colour. Push aside, then add the steak, in batches if the pan is small, and fry it quickly until it is brown all over. Mix well with the onions, season to taste and stir in the oatmeal, mix well, then finally add the stock. Cover and simmer gently for about half an hour, add the sauce to taste, mix well and taste for seasonings.

Serve either with triangles of dry toast or mashed potatoes. It can also be served with sliced hard-boiled or poached eggs.

NOTE:- If game is used it is often seasoned with a pinch of ground allspice and half port wine and half stock is used.

Clapshot

Delicious, buttery root vegetables. A dish adapted from soldiers' rations, hence the name. This recipe is simple, but the effect is glorious.

- 1 lb baking potatoes, peeled and cubed
- 3/4 lb turnips, peeled and cubed
- 1/4 lb carrots, peeled and cubed
- 1 tsp salt
- 2 Tbsp butter, cubed
- 3 Tbsp heavy cream

Preparation

Place the potatoes, turnips, carrots, and salt in a Dutch oven, fill with water to cover the vegetables and bring to a boil over high heat.

Reduce the heat to medium-high and boil the vegetables until tender, 20 to 25 minutes. Drain and mash the vegetables with a potato masher. Spoon the mashed vegetables into a serving dish, top with cubes of butter and drizzle with cream.

Starkhaven Eggs with Mustard Sauce

They look a little startling, but they pack a great deal into a small package. Another portable item, they are excellent hot or cold.

For the mustard sauce:

1 egg
1 cup mayonnaise
1/4 cup yellow mustard
2 Tbsp white sugar

For the eggs:

6 eggs
2 quarts oil for deep frying
12 oz ground pork sausage
1 Tbsp dried parsley, crushed
2 tsp grated lemon zest
1/4 tsp ground nutmeg
1/4 tsp dried marjoram
salt and pepper to taste
1 egg, beaten
4 oz dry bread crumbs

Preparation

For the mustard sauce:

Crack 1 egg into a small saucepan. With the heat on low, stir in mayonnaise, mustard and sugar. When it just starts to boil, it's done. Remove and let sit until cool, then chill for at least 10 minutes.

Place 6 whole eggs in a saucepan and cover with cold water. Bring water to a boil and cook eggs for 10 to 12 minutes. Remove from hot water, cool, peel.

Heat oil in deep-fryer to 375F, or set oven to 325F.

Put the sausage into a bowl with the finely parsley, lemon rind, nutmeg, marjoram, salt and pepper. Work all the ingredients well into the sausage with your hands. Make a coating for each hand boiled egg out of the sausage, working it round the eggs with wet hands to form an even layer. Roll the covered eggs in beaten egg, and then in dried breadcrumbs.

Carefully slide in 3 eggs and fry for 4 to 5 minutes, until they turn deep golden brown. Turn them as they cook so that they brown evenly. Remove with a slotted spoon, drain on paper towel, and repeat with the remaining 3 eggs. Or, bake in an oven for 30 minutes or so.

Serve eggs with mustard sauce.

Shortbread

A favourite at Saturnalia, these simple, sweet cookies go with everything.

- 1 c unsalted butter, softened
- 3/4 c icing sugar
- 1/2 tsp vanilla
- 1/4 tsp salt
- 2 c all-purpose flour

Preparation

Using wooden spoon, beat together butter, sugar, vanilla and salt until light and fluffy; mix in flour just until combined. Divide in half; shape into discs. Wrap each in plastic wrap; refrigerate until firm but not hard, about 45 minutes.

Working with 1 disc at a time, roll out dough between waxed paper to 1/3" (8 mm) thickness. Using 2" (5 cm) cookie cutter, cut out shapes. Place about 1" (2.5 cm) apart, on parchment paper–lined baking sheets. Chill until firm, about 15 minutes. Repeat with remaining dough, re-rolling scraps once.

Bake in 300F oven until pale golden, about 20 minutes. Let cool on pans on rack for 10 minutes; transfer to racks and let cool completely.

Blueberry Sour Cream Cake

When blueberries are in season, this is the cake to eat! The sour cream brings a richness which mixes very well with the sweet berries.

- 1 1/2 c all-purpose flour
- 1/2 c white sugar
- 1 1/2 tsp baking powder
- 1/2 c butter
- 1 egg
- 1 tsp vanilla

- 4 c blueberries
- 2 c sour cream
- 1/2 c white sugar
- 2 egg yolks
- 1 tsp vanilla

Preparation:

Preheat the oven to 375F. Grease a 9" springform pan.

In a medium bowl, stir together flour, 1/2 cup sugar, and baking powder. Mix in the butter by pinching between your fingers or using a pastry blender until the mixture resembles coarse crumbs. Stir in the egg and 1 tsp of vanilla. Pat lightly into the bottom of the prepared pan. Pour blueberries over the top.

In another medium bowl, whisk together sour cream, 1/2 cup of sugar, egg yolks and 1 tsp of vanilla until smooth. Pour over the blueberries.

Bake for 60 to 70 minutes in the preheated oven, until top is lightly browned. Cool, then run a knife around the edge of the pan. Remove the outer ring of the pan, and cut into wedges to serve.

Red Wine Chocolate Cake

Decadent and delicious, said to be invented to impress the Vael family, the rulers of Starkhaven, and has remained a favourite for special occasions since. Make it for your sweetheart on a cool winter evening and, I assure you, you will be rewarded.

- 1 c butter
- 1/3 c cocoa powder
- 1 tsp salt
- 1 c red wine
- 2 c flour
- 1 3/4 c sugar
- 1 1/2 tsp baking soda
- 1 tsp cinnamon
- 2 eggs
- 1/2 c sour cream
- 1 tsp vanilla

Preparation

Put butter, cocoa, salt and red wine in a pot over medium heat, whisking until melted and combined. Set aside.

In a bowl, combine flour, sugar, soda and cinnamon.

Add in half the chocolate mixture to the bowl and stir by hand until combined.

Add the remaining chocolate and combine.

Add eggs, one at a time, mixing well after each addition.

Add sour cream and vanilla. Mix well.

Pour into a well-greased bundt pan and bake in a 350 degree oven for 40 minutes or until toothpick inserted in centre comes out clean.

Allow to cool for 20 minutes, remove from pan to a cooling rack. When completely cool top with ganache (recipe below).

For ganache:

- 4 oz bittersweet chocolate
- 1 1/2 Tbsp corn syrup
- 1/2 c heavy cream
- 1 1/2 Tbsp sugar

Preparation

Place chocolate and corn syrup in a bowl and set aside.

Heat the cream and sugar until hot, pour over the chocolate and whisk to melt.

Serve with whipped cream.

Hot Toddy

This serves both as a warming winter drink, and as a help against winter cough.

1 cup boiling water	1-2 shots good whiskey
1 cinnamon stick	Juice of one lemon

Mix all ingredients together; let sit for a few minutes so that the cinnamon flavour permeates the liquid. Sip.

Knight-Captain
Rylen
1.
2.
3.
4.
5.
What hairstyle are you.
Brain Slug.
6.
Help.
7.

Tevinter

Like it or not, the great and terrible Imperium of Tevinter influences all of Thedas still. The Imperial Highway is in ruins, but still visible. One can still chart straight lines across the continent using only the roads they left behind them. Tevinter stands for what we long ago rejected: slavery, unlimited magic, a twisted Chant. My travels in the Imperium were constrained to a few major cities, where foreigners are tolerated; but even so, it was an illuminating culinary experience.

Flat Bread

This bread is found simply everywhere I went in the Imperium.

1 lb all-purpose flour
1/4 oz dried yeast or 1.2 oz fresh yeast
1/2 tsp sugar
6 fl. oz / 175 ml lukewarm water
1 tsp salt
2 Tbsp thick yogourt
2 Tbsp olive oil
1 egg, beaten
2 Tbsp nigella seeds or poppy seeds
2 Tbsp sesame seeds

Preparation

Preheat oven to 400F.

Cream yeast with sugar in half of the lukewarm water; leave to froth.

Sift flour with salt. Make a well in the middle and pour in yeast, olive oil, yogourt and the rest of the water. With using your hands, draw in the flour from the sides and work mixture into a sticky dough. Add a little more water if necessary. Knead until dough is smooth and leaves the sides of the bowl (drizzle a little oil in your hands to help shape the dough, if needed).

Continue to knead on a lightly floured surface until the dough is elastic and smooth. Roll it in the few drops of olive oil in the bowl, cover with a damp towel and leave to prove in a warm place for 1 - 1 1/2 hours or until doubled in size.

Preheat 2 baking sheets.

Once doubled, punch dough down, knead again and divide it into two pieces. Knead each piece well. Flatten them out with the heel of your hand and stretch them into large, uneven rounds or ovals, creating thick lip around the edges. Indent the dough with your fingertips.

Lightly oil two hot baking sheets and place them in the oven for 2 minutes. Place dough on them and brush with beaten egg. Then sprinkle nigella (or poppy) seeds and sesame seeds over top.

Bake for 18 – 20 minutes, until lightly golden with a crisp crust around the edges. Transfer to a wire rack. If you want them to retain their softness, wrap them in aluminum foil or in a dry towel while still warm.

Archon's Eyes

The Archon, mage-ruler of the Imperium, sees all. This breakfast consists of flatbread, shaped into something resembling a boat, filled with cheese, then topped with an egg. The result is startling, but delicious.

For the Dough:

- 3/4 c lukewarm water
- 3/4 c warm milk
- 1 tsp sugar
- 1 tsp active dry yeast
- 1 Tbsp olive oil
- 4 – 4 1/2 c unbleached, all-purpose flour
- 1 1/2 tsp salt

For the Topping:

- 5 eggs, room temperature, divided
- 1/2 cup crumbled feta cheese
- 2 c shredded mozzarella cheese
- 1 Tbsp butter

Preparation

Mix water and milk in large bowl. Add sugar and mix until dissolved. Sprinkle yeast over the liquid and let stand for 5-7 minutes, until yeast foams. Add oil and mix well. Mix 2 c flour into yeast mixture. Add salt and remaining flour, a little at a time, mixing after each addition, until dough starts to come together.

Turn dough out onto a lightly floured surface and knead for 5-7 minutes, adding flour as necessary to keep it from sticking to your hands or the counter, until a soft and tacky dough forms. Place dough into a greased bowl. Turn once and cover with a damp tea towel. Place the bowl in a warm, draft-free place to rise for 1 – 1 1/2 hours, until bubbly and doubled in bulk.

Topping: While the dough is rising, make your filling. In a small bowl, mix the shredded mozzarella and feta cheese with one egg. Set aside. For best results, move your oven rack to roughly 6 inches from the top heating unit. Preheat oven to 475F.

Once dough has risen, punch it down and turn onto a floured surface. Divide dough into 4 roughly even pieces. Shape each piece into an oval, roughly 11 x 6". Place the dough ovals onto greased baking sheets, leaving an inch between each bread. On the baking sheet, fold 3/4" of dough inwards to create a thicker border, a crust that will keep the melted cheese and egg inside. Pinch the two small ends into points to create a boat-shape.

Spoon 1/4 of the filling into the centre of each "boat". Smooth the filing with a spoon. Place the dough into the oven and bake for 12-15 minutes, until lightly golden.

Remove bread from the oven and crack one egg into the centre of the bubbling cheese in each boat. Return the bread to the oven and bake for an additional 3-4 minutes, just until the egg has set.

Serve the bread warm, with a small pat butter on top or brush the crust with a little melted butter before serving. It is traditional to mix the egg and melted cheese with a fork and dip torn off pieces of the crust into the cheesy egg in the middle.

Thalsian Mist

The name is unpleasant, but this is a simple vegetable puree, and quite excellent with Tevinter's ubiquitous flatbread.

Preparation

Boil a half lb of carrots and a half lb of parsnips together until very soft.

Drain and puree the vegetables with 1/3 cup of honey, 1 Tbsp chopped fresh ginger, and 1/2 tsp ground cloves.

Vyrantium Sauce

Originally from the city at the southern coast of the Nocen Sea, this sour, eggy sauce has become a staple across the empire.

2 large egg yolks
juice of 1-2 lemons, strained
1 - 2 cups hot broth or bullion

Beat egg yolks for two minutes. Continue to beat and gradually add lemon juice. Beat in the hot broth or bullion. The amount of liquid depends on how thick you want the sauce.

Peel Me a Grape Cucumber Salad with Almonds

1/4 cup slivered and blanched almonds
1 lb cucumbers, peeled if the peel is bitter, unpeeled if not
Crunchy salt
1 tsp minced garlic
About 20 green grapes, sliced in half
2 Tbsp olive oil1 tsp sherry or white wine vinegar
2 tsp minced chives, for garnish

Preparation

Slice cucumbers in half lengthwise. Use a spoon to scoop out the seeds in the middle; discard seeds. If using rather large cucumbers, slice again lengthwise. Then cut crosswise into 1/4-inch to 1/2 inch slices. Place in a large bowl and sprinkle with a tsp of salt. Toss to distribute salt evenly around cucumber pieces. Let sit for 20 to 25 minutes while the salt helps pull excess moisture out of the cucumbers.

Rinse off salt, drain cucumbers, and squeeze out more excess moisture with paper towels.

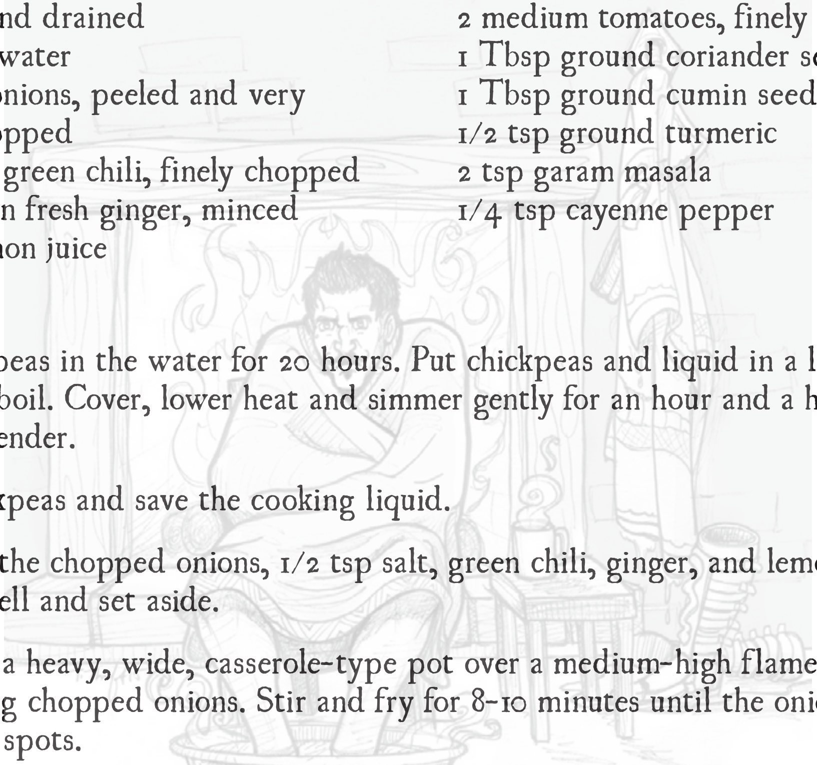
Toast slivered almonds in a small pan over medium-high heat, tossing often, until they start to brown and smell good. Move to a bowl to cool.

Mix cucumbers, almonds, garlic, grapes, olive oil, and vinegar together in a large bowl and add more salt to taste. Garnish with chives and serve.

Sour Chickpeas

Like Rivain, Tevinter enjoys spicy food. These chickpeas are spicy and sour both.

- 2-1/4 cups dry chickpeas, picked over, washed and drained
- 7-1/2 cups water
- 3 medium onions, peeled and very finely chopped
- 1 fresh, hot green chili, finely chopped
- 1 Tablespoon fresh ginger, minced
- 4 Tbsp lemon juice
- 6 Tbsp vegetable oil
- 2 medium tomatoes, finely chopped
- 1 Tbsp ground coriander seeds
- 1 Tbsp ground cumin seeds
- 1/2 tsp ground turmeric
- 2 tsp garam masala
- 1/4 tsp cayenne pepper



Preparation

Soak the chickpeas in the water for 20 hours. Put chickpeas and liquid in a large pot and bring to a boil. Cover, lower heat and simmer gently for an hour and a half, or until chickpeas are tender.

Strain the chickpeas and save the cooking liquid.

Put 2 Tbsp of the chopped onions, 1/2 tsp salt, green chili, ginger, and lemon juice into a tea cup. Mix well and set aside.

Heat the oil in a heavy, wide, casserole-type pot over a medium-high flame. When hot, put in the remaining chopped onions. Stir and fry for 8-10 minutes until the onion bits develop reddish-brown spots.

Add the tomatoes. Continue to stir and fry another 5-6 minutes, mashing the tomato pieces with the back of a slotted spoon. Put in the coriander, cumin, and turmeric. Stir and cook for about 30 seconds. Now put in drained chickpeas, 1-3/4 cups of their cooking liquid, 2 tsp of salt, garam masala, and cayenne. Stir to mix and bring to a simmer. Cover, turn heat to low, and cook very gently for 20 minutes. Stir a few times during this period.

Add the mixture in the tea cup. Stir again to mix. Serve hot or lukewarm.

Fish Soup

Unlike the chowders so loved by Ferelden and the Marches, in Tevinter they prefer fish soup in broth. This soup is improved by having as many different varieties of fish as possible. You can make it with salt or fresh water fish, but you will need at least 3 or 4 varieties for the best results.

- 1 cup scallions or leeks, sliced
- 1/2 cup olive oil
- 1/2 stalk fennel, sliced
- 3 sprigs of parsley
- 1 bay leaf
- 1 tsp thyme
- 2 cup dry white wine
- 4 cups water
- 4 lbs of fish (3 or 4 different types)
- 1 lb shrimp
- 1 lb scallops
- bread

Preparation

Sauté onions in oil until soft.

Add fennel, herbs, wine and water and bring to a boil. Season with salt and simmer for 45 minutes.

Pour stock through a sieve and squeeze out the juice from the vegetables and discard the fibres. Return to the pot and bring to a boil. (For a richer stock, ask the fishmonger for the heads and bones from your fish and add them to the water for the initial boiling. Remove when you strain out the vegetables. Or you could add a bottle of clam juice instead of some of the water).

Lightly salt the fish and let stand for 10 minutes, then rinse and lower into the boiling liquid. Lower heat and simmer 10 minutes.

Add shrimp and scallops or mussels and simmer an additional 10 minutes. Taste and adjust the seasonings.

Toast the bread slices and place them in large soup plates or bowls. Place a variety of fish and some of the broth in each dish.

This is often also served with Vyrantium Sauce.

Baked Zucchini, Pepper, Onion, Garlic in Tomato Sauce

- 3 medium zucchini, quartered and sliced
- 1 medium onion, finely chopped
- 3 garlic cloves, finely chopped
- Red, green and yellow bell peppers, deseeded and sliced in small chunks
- 4 ripe tomatoes cut in small chunks
- 2 Tbsp olive oil
- 1 cup water
- 2 Tbsp oregano
- Sea salt and ground black pepper to taste

Preparation

Pre-heat oven to 400F.

Combine sliced zucchini, peppers, onions and garlic on a baking tray.

Pour in the olive oil and mix with the vegetables well.

Stir in the chopped tomatoes, combine well.

Pour in water.

Stir in the oregano and season with salt and freshly ground black pepper. Combine well.

Bake in the preheated oven, uncovered, for 20 minutes.

After 20 minutes, give the vegetables a good mix and bake for a further 20 minutes, until they start to char at edges.

Chicken with Onions

Another spicy dish. You can adjust the spiciness by changing the amount of cayenne, ginger, and garlic.

- 1 kilograms skinless chicken pieces
- 2 onions
- 2-inch piece of fresh ginger, chopped
- 6 cloves garlic
- 7 Tbsp vegetable oil
- 1 Tbsp ground coriander
- 1 Tbsp ground cumin
- 1/2 Tbsp turmeric
- 1/2 tsp cayenne pepper
- 4 Tbsp plain yogourt
- 1/2 litre water
- 227 grams finely chopped tomatoes
- 2 tsp salt
- 1/2 tsp garam masala
- 1 Tbsp finely chopped cilantro

Preparation

Cut chicken into serving pieces.

Chop half of the onions coarsely; cut remaining onions into halves and then crosswise into very thin slices.

Blend chopped onions, ginger, and garlic into a fine paste.

Heat oil in a large pan; when hot, add sliced onions and fry until deep in colour. Remove onions and set aside.

Put in blended paste and fry for 3-4 min. Add coriander, cumin, turmeric and cayenne.

Add 1 Tbsp of yogourt and stir. When it has been incorporated add another; keep doing this until all of the yogourt has been used.

Add chicken and stir.

Pour in water, tomatoes, and salt, stir to mix and bring to a simmer, cover, turn heat to low and cook for 20 min. Sprinkle in garam masala and fried onions cook uncovered for 7-8 min until sauce thickens serve with green coriander sprinkled on top.

Golem Toes

The Juggernaut Golems of Minrathous are the only golems outside the Dwarven Empire, and they are a terrifying defence of that great city. This recipe was originally, I was told, considered food for children, and the name was a bit of silliness to entice them to eat. Now, however, these are eaten by all and sundry.

3/4 cup of olive oil
1/2 onion, chopped
8 scallions, chopped fine
2 cloves of garlic, chopped
1 cup natural barley
chopped fresh dill to taste
1/2 cup parsley, chopped
juice of 1/2 lemon
salt to taste
1 cup hot water
1 one lb jar grapevine leaves
3-4 lb chicken, cut in quarters

Preparation

Heat 1/2 cup of oil in a skillet and add the onion and scallion and cook until soft. Add garlic and cook for a few more minutes.

Add barley, and brown slightly, stirring frequently, then add dill, parsley, lemon juice, salt and remaining olive oil. Stir well and add hot water. Cover and let simmer for five minutes.

Remove grape leaves from their jar and rinse. Line an enamel pan with a layer of leaves and set aside. To stuff leaves, put a leaf on a work surface with rough side up and stem end toward you. Place a tspful of barley mixture near the stem end. Using both hands, fold the part of the leaf near you up and over the filling. Then fold the right side of the leaf over the filling and then the left side and roll tightly and away from you, toward the pointed end. Place in the prepared pan with the seam side down. Continue until you have used all the ingredients. Place an inverted plate on top of the dolmades and add enough water to come up to the edge of the plate. Rub the chicken with additional lemon juice and garlic and place on top of the plate. Bring to a boil and then cover the pan, reduce the heat, and simmer for 1 1/4 hours.

Check to see that the barley is tender and the chicken cooked. Remove, cool and chill. Serve with sour cream or Vyrantium Sauce.

Meatballs

Meatballs of many different varieties are a favourite in Tevinter. I could fill a whole book exclusively with Tevinter interpretations! These are the most common type – ground lamb or beef with heady spices.

EMEDEME.DEVIANTART.COM

1 cup fine breadcrumbs
1 lb lean ground lamb
1/2 tsp salt
1/2 tsp pepper
1 tsp ground cumin
1/2 tsp allspice
1 tsp dried mint
2 cloves garlic
2 Tbsp parsley
1 egg
1 Tbsp olive oil

Preparation

Combine bread crumbs, ground lamb, egg; mix thoroughly until blended.

Add spices, garlic and parsley. Mix well to achieve a fine texture.

Roll the mixture into small meatballs or finger shaped patties using dampened hands.

Heat oil in a heavy skillet, and fry balls or patties until cooked through and evenly browned.

Meatballs should be stirred several times; patties need to be turned at least once.

Remove them with a slotted spoon to drain.

Serve meatballs hot or at room temperature as an appetizer.

Magister's Consolation

Rice pudding with pistachios and saffron – a wonderful dessert to mollify even the worst-tempered mage.

- 1/2 cup rice
- 4 cups milk
- 8 Tbsp sugar
- 6 cardamom pods
- 1/2 tsp saffron
- 1/4 cup pistachios
- pistachios to decorate

Preparation

Soak pistachios in the water for at least 3 hours.

Rinse the rice under water and place into the pan.

Add the half of the milk and stir. Cover and cook for 15-20 min until soft.

Add saffron, cardamoms, sugar and remaining milk. Simmer gently for about 10 minutes or until the rice is quite thick in consistency. If the rice pudding is too thick, add a little extra milk or water.

Decorate with whole pistachios. Serve hot or cold.

Mango Cheesecake

This rather decadent dessert is perfect for summer, as it requires very little heat - all one must do is melt butter and heat a bit of water. This can be made as a sliceable cake, or in individual glasses, where the layers make a pretty presentation.

- 1 block cream cheese (250g)
- 3/4 heavy cream
- 1/2 sugar
- 3/4 cup mango puree
- 1 Tbsp unflavoured gelatin
- 1/4 cup hot water
- 1 1/2 – 2 cups sweet cookie crumbs
- 1/3 cup unsalted butter, melted

Preparation

Grind sweet cookie crumbs fine. Add melted butter and mix until mixture comes together.

Press into the bottom of an 8" springform pan that's lined with aluminium foil or use individual glasses. Refrigerate while preparing the rest of the cheesecake.

Mix cream cheese, cream, and sugar in a bowl until well combined.

Add gelatin to hot water and stir until it completely dissolves. Add mango puree and stir well. Set half of this mixture aside and add the rest to cream cheese mixture.

Stir gently until well combined.

Pour this mixture on top of the sweet cookie base. Return to the fridge for about 30 min.

Pour mango mixture as the third layer. Do this gently so that the layers don't combine.

Refrigerate overnight and serve chilled.

Cardamom Citrus Fruit Salad

Sweet, tart, juicy, with a hint of cinnamon. What could be better on a hot afternoon?

1 large ruby pink grapefruit
3 navel oranges or a combination of naval oranges, blood oranges, mandarin oranges and/or tangerines
1/4 cup honey
2 Tbsp fresh lime or lemon juice
1/4 tsp ground cardamom

Preparation

Peel fruit. Cut away the membranes of the individual segments with a sharp knife. Collect peeled segments in a bowl.

Drain off any excess juice from fruit into a small saucepan.

Add lime juice, honey, and cardamom to the saucepan.

Bring to a boil and reduce heat to low. Simmer for 10 minutes and then remove from heat and let cool to room temp.

Pour over fruit mixture and gently fold in so that all the fruit is coated. Let stand for 15 minutes or chill until ready to serve.

Drunken Oranges

A simple dessert for the adults.

Oranges
Ground cinnamon
Orange liqueur

Preparation

Peel oranges, slice, sprinkle powdered cinnamon and chill.

When time to serve, drizzle with Orange liqueur.

Drakolisk Ride

1/4 cup mint
1 cup Orange liqueur
2 peaches, cut into thin wedges
1 bottle Viognier
1/3 cup water
1 mango, chopped
1/3 cup sugar

Preparation

In a saucepan, cook the sugar and water until the sugar dissolves; transfer to a pitcher and refrigerate until cold. Stir in the orange liqueur, Viognier, mango, peaches and mint and serve over ice.

Black Divine

In Tevinter, the only 'Black Divine' they acknowledge is this cocktail.

- 1 oz gin
- 1 oz Campari
- 3/4 oz Sweet Vermouth

Preparation

Combine all ingredients in an ice filled shaker. Shake until well chilled and strain into a chilled cocktail glass. Garnish with a burnt orange. To make a burnt orange, cut about a 1 1/2 inch by 1 inch peel off a ripe navel orange. Be sure to get just the skin and as little of the pith as possible. Holding the orange peel between thumb and index fingers with skin facing out, hold a lit match over the glass and with the orange peel about an inch away from the flame squeeze the peel quickly and firmly between your fingers. When done correctly, a burst of flame will come from the oils being released from the peel leaving an aroma and adding a note of orange to the cocktail. Simply drop the twist in the drink.

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Cover Image: Redcliffe Tavern, from the wiki: http://dragonage.wikia.com/wiki/Tavern` (Redcliffe`Village)

Cullen with Elfroot: http://el-mroko.deviantart.com/art/elfroot-515586406

Anderfels

Recipes

*Cold Yoghurt Soup, adapted from: http://cuceesprouts.com/2012/08/russian-gazpacho-okroshka/

Warm potato salad: http://www.bbcgoodfood.com/recipes/2668/warm-potato-salad

Fried potatoes: http://www.epicurious.com/recipes/food/views/german-style-fried-potatoes-355207

Potato dumplings: http://www.grouprecipes.com/70225/german--potato-dumplings.html

*Warden's delight: http://www.bordbia.ie/consumer/recipes/potatoes/pages/colcannan.aspx

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Scalloped potatoes and despair ham: http://www.foodnetwork.com/recipes/damaris-phillips/scalloped-potatoes-and-country-ham.html

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Meatballs in caper sauce: http://www.food.com/recipe/meatballs-in-caper-sauce-konigsberger-klopse-306204

Yeast ball: http://www.live-like-a-german.com/recipes/show/88/hefekloss--dampfnudel-or-germknoedel-yeastball

Weisshaupt cake: http://en.julskitchen.com/tuscany/artusis-potato-cake-from-a-century-old-recipe

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Orth Warden, from the wiki: http://dragonage.wikia.com/wiki/Anderfels

Warden crest, from the wiki: http://dragonage.wikia.com/wiki/Heraldry

Anders, blue light: http://aegileif.deviantart.com/art/Anders-378898611

Weisshaupt Fortress, from the wiki: http://dragonage.wikia.com/wiki/Weisshaupt

Anders and adorable kitten: therealmcgee.tumblr.com

Extras which didn't fit in the book:

Anders in Chantry: http://nazgullow.deviantart.com/art/DAII-Certainty-326641911

Anders: http://go-ma.deviantart.com/art/Anders-558576057

Antiva

Recipes:

Polenta: http://cooking.nytimes.com/recipes/1014527-basic-polenta

Tomato sauce, from here: http://www.foodnetwork.com/recipes/gnocchi-pomodoro-recipe.html

Risotto with lemon and rosemary: http://www.italianbellavita.com/2010/02/creamy-risotto-with-lemon-asiago-and/

Antivan Cod: http://www.epicurious.com/recipes/food/views/baccala-mantecato-a-savory-spread-of-whipped-salt-cod-355908

*Slow-Cooked Pepper Beef: http://www.soscuisine.com/recipe/peppery-peposo-beef-stew-slow-cooker

Queen Mum Potato Dumplings: http://allrecipes.com/recipe/18465/gnocchi-i/

Queen Mum Dumplings with Squash and Sage: http://www.goodtoknow.co.uk/recipes/536686/gnocchi-with-squash-and-sage

Queen Mum Dumplings with Parsley Pesto: http://www.goodtoknow.co.uk/recipes/149852/Gnocchi-with-parsley-pesto

Queen Mum Dumplings with Cinnamon and Butter: http://www.foodnetwork.com/recipes/giada-de-laurentiis/gnocchi-with-cinnamon-butter-recipe.html

*Poison: http://allrecipes.com/recipe/172343/whipped-cream-zabaglione/

*Lemon Polenta Cake: https://www.nigella.com/recipes/lemon-polenta-cake

Chocolate Salami: http://www.wanderlust.co.uk/magazine/blogs/food--drink/venetian-recipes-desserts

Black Shadow Crinkle cookies: http://www.joyofbaking.com/ChocolateCrinkles.html

First Blood: https://www.cocktailia.com/cocktail-recipes/venetian/

Madrigal: http://www.seriouseats.com/recipes/2011/06/campari-spritz-recipe.html

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Antiva City, from the wiki: http://dragonage.wikia.com/wiki/Antiva

All Daggers are from the wiki: http://dragonage.wikia.com/wiki/Daggers`(Origins)

Josephine: http://anathematixs.deviantart.com/art/Josephine-550658279

Zevran outlaw poster: http://www.deviantart.com/art/Dat-nose-434563016

Lady Ambassador: http://plushchimera.deviantart.com/art/Lady-Ambassador-520820428

Crows Symbol, from the wiki: http://dragonage.wikia.com/wiki/File:Antivan`Crows`heraldry.png

Josephine in broad strokes: http://cathuia.deviantart.com/art/josephine-517947706

Zevran moon: http://mezamero.deviantart.com/art/Zevran-moon-561768334

Crow: http://audelade.deviantart.com/art/Crow-532443234

Dalish

Recipes:

*Breakfast Drink: http://www.foodnetwork.com/recipes/alton-brown/buff-smoothie-recipe.html

*Vanilla Scones: I can't remember! I had this written down ages ago and now can't find the web site where I first tracked it down. I'm sorry!

Red Crossing: http://www.myrecipes.com/recipe/raspberry-double-dutch-baby

Sweet Bread: http://www.huffingtonpost.com/elissa-bernstein/moms-challah-recipe`b`1896566.html

Cauliflower bacon soup: http://www.seriouseats.com/recipes/2014/10/creamy-cauliflower-bacon-soup-recipe.html

*Beans and greens: http://www.epicurious.com/recipes/food/views/sauteed-greens-with-cannellini-beans-and-garlic-241906

Grilled Brussels Sprouts: http://rosemarried.com/2012/03/11/grilled-brussels-sprouts-with-whole-grain-mustard/

Fire Roasted Vegetable Salad: http://www.myrecipes.com/recipe/fire-roasted-vegetable-salad

*Slow cooker steak: http://allrecipes.com/recipe/23567/slow-cooker-pepper-steak/

*Roasted Onions and Beets: Herbivoracious: a flavor revolution, with 150 vibrant and original vegetarian recipes, by Michael Natkin, 2012. ISBN 9781558327450

*Mulled wine: I made this one up. I mean, I make it every winter, and it's good! But I basically threw it together myself.

<u>Images:</u>

Dalish header: Dalish concept art, found via here: http://theshadowdreams.tumblr.com/post/109586411407/do-dalish-elves-live-in-aravels-or-do-they-live

Dalish mother: From the Dragon Age wiki: http://dragonage.wikia.com/wiki/Elven`language

Dalish tattoos: http://aeonathenne.tumblr.com/post/46318618873/so-i-decided-to-clean-up-an-old-series-of-sketches

Red Crossing: http://darantha.deviantart.com/art/DA-Elandrin-and-Adalene-563865213 (This one is really gorgeous and worth looking up!)

Dalish play time: http://rooster82.deviantart.com/art/Dalish-Play-Time-262848625

More Dalish tattoos: http://firemadeflesh.tumblr.com/post/108275481550/vallaslindalish-tattoos-from-dragon-age

Merrill with a Pearl Earring: http://perditionxroad.deviantart.com/art/Merrill-with-the-Pearl-Earring-588196565

Fenris drinking, from the DA Wiki: http://dragonage.wikia.com/wiki/Questioning`Beliefs`(Fenris`Act`2)

Ferelden

Recipes:

Boiled Beef w Carrots: http://www.theguardian.com/lifeandstyle/2014/nov/07/slow-cooked-beef-carrot-stew-recipe-roman-rachel-roddy-residency

Bubble and Squeak: http://www.bbcgoodfood.com/recipes/164622/bubble-and-squeak

Cheese sauce: http://cooking.nytimes.com/recipes/2563-welsh-rabbit

*Cheddar cheese cottage pie: http://www.canadianliving.com/food/quick`and`easy/cheddar`cottage`pie.php

*Seafood Chowder with dill: http://www.foodnetwork.ca/recipe/seafood-chowder-with-dill/8674/

Rainesfere Apple Crumble: http://cooking.nytimes.com/recipes/11752-mark-bittmans-apple-crisp

Rainesfere Apple Cake: http://www.foodnetwork.com/recipes/ina-garten/apple-cake-tatin-recipe.html

Dalish Tarts: http://allrecipes.com/recipe/241086/maple-butter-tarts/

*Cauliflower Cheese: http://www.food.com/recipe/cheesy-cauliflower-smoked-sausage-bake-446529

Hobnobs: http://www.food.com/recipe/english-hobnobish-oat-cookie-biscuits-258418

Poor Knights of Redcliffe: http://www.food.com/recipe/english-15th-century-poor-knights-of-windsor-boozy-toast-230602

Apple ginny: http://www.liquor.com/recipes/apple-business

Images:

Ferelden Countryside, from the Dragon Age Wiki: http://dragonage.wikia.com/wiki/Ferelden

King Alistair portrait: http://qissus.deviantart.com/art/Portrait-of-King-Alistair-564163539 (Ho-ly do I ever love this image.)

Alistair with puppy: http://rebloggy.com/post/dragon-age-dragon-age-origins-alistair-let-me-pet-all-of-your-dogs/105224817196

King Alistair in red: http://lilyrutherfordblog.tumblr.com/page/2

Redcliffe: from the Dragon Age wiki: http://dragonage.wikia.com/wiki/Redcliffe`Village

Chantry stained glass: from the wiki: http://dragonage.wikia.com/wiki/Thanks`From`a`Chantry`Sister

Alistair and Duncan and Cheese: http://aimosketchcard.tumblr.com/post/80751999725/pscs-dragon-age-origins-alistair-duncan

Ferelden nobles: from the wiki: http://dragonage.wikia.com/wiki/Ferelden

King Alistair B&W: http://pheberoni.deviantart.com/art/King-of-ferelden-550400912

Cullen and a Mabari: http://tamarandom.deviantart.com/art/Cullen-and-Mabari-2-Coloured-547228459

Cole: http://7-appleroad.deviantart.com/art/Dragon-Age-Inquisition-Cole-504233224

King Alistair with Mabari: http://rangdezvous.tumblr.com/post/121270822723/king-alistair-and-queen-wardens-mabari-dog-i

Mabari with wagging tail: http://savagebetty.deviantart.com/art/mabari-463161399

Cullen tarot: http://alexielapril.deviantart.com/art/Commander-Love-Card-504998658

Free Marches

Recipes:

*Chocolate bread: http://nonesuchexists.blogspot.ca/2010/02/dark-chocolate-bread.html

Arugula with beets salad: http://www.simplyrecipes.com/recipes/arugula`salad`with`beets`and`goat`cheese/

Strawberry Rivaini spread: http://www.simplyrecipes.com/recipes/strawberry`guacamole

Broccoli and ginger: http://www.simplyrecipes.com/recipes/broccoli`stir`fry`with`ginger`and`sesame/

Braised Leeks: http://www.simplyrecipes.com/recipes/braised`leeks/

Chard with Parsnip: http://www.simplyrecipes.com/recipes/sauteed`chard`with`parsnip

*Chicken and sweet potato: http://www.canadianliving.com/food/skillet`chicken`and`sweet`potatoes.php

Beef Stew with Rivaini seasoning: http://realfoodbydad.com/slow-cooker-caribbean-beef-stew/

Coffee Risotto: http://www.taste.com.au/recipes/5993/coffee+risotto

*Lavender custard: http://www.eatingwell.com/recipes/honey`lavender`plum`gratin.html (this is a bit strange but good)

Magic Cake: http://www.jocooks.com/bakery/cakes/magic-cake/

Tantervale Tipple: Flemeth's drink here: http://savegameonline.com/c3-features/save-games-dragon-age-cocktails (It has Saskatoonberry syrup! I had to use it!)

Ansburg Skull rattler: http://www.toastmag.co.nz/recipe/rattle-skull

Images:

Sundermount, from the wiki: http://dragonage.wikia.com/wiki/Sundermount

City Guard recruitment poster: http://dapatches.deviantart.com/art/Kirkwall-City-Guard-Wants-YOU-554927018

Varric: http://haughtyflaki.deviantart.com/art/Varric-245418931

Isabella and Aveline: https://pheberoni.tumblr.com/post/115188814744/redrew-that-old-as-balls-pic-i-keep-hoping-u-all

High Town, from the wiki: http://dragonage.wikia.com/wiki/Hightown

Inquisitor character card: http://niqichui.deviantart.com/art/Character-card-Trevelyan-498854080 (I tried to find one who looks like your pic)

Boy band: http://greendelle.deviantart.com/art/Merry-Christmas-502353893

Grand Tourney, from the wiki: http://dragonage.wikia.com/wiki/Free`Marches

Varric Romance Novel: http://radiant-grey.deviantart.com/art/Varric-Arrows-of-Passion-316007156 (I know, it's watermarked. I can't not see it. But I love this picture so much I had to include it.)

Nevarra

Recipes:

Nevarran Omelette: http://www.spanishrecipesbynuria.com/eggs/spanish-omelet

Nevarran Cold Tomato Soup: http://www.spanishrecipesbynuria.com/beverages/gazpacho-aromatized-with-fresh-basil

*Polenta Nevarran Style: from This Good Food: French Vegetarian Recipes from a Monastery Kitchen, by Br Victor-Antoine d'Avila-Latourrette. Woodstock: The Countryman Press, 2012. ISBN 9780881509243

Spring Salad: from This Good Food.

Stuffed Eggplant: http://www.spain-recipes.com/stuffed-eggplants.html

Lentils Stew with Cod and Potatoes: http://www.spanishrecipesbynuria.com/fish-seafood-shellfish/stew-lentils-with-cod-and-potatoes

Pork Medallions with Confit: https://www.theinternationalkitchen.com/news/recipe-of-the-month/iberian-pork-tenderloin-confit

Fish Soup: http://www.spain-recipes.com/burrida-raya.html

Nevarran Chicken: https://thecultureofthetable.blogspot.ca/2009/12/basque-chicken.html

Nevarran Piperade: is Basque Piperade: http://frenchfood.about.com/od/dressingpreservessauces/r/piperade.htm

Basque Cake with Pears: from This Good Food.

Little chocolate cakes: http://www.spanishrecipesbynuria.com/cakes-pies-tarts/mini-chocolate-cakes-with-almonds-and-orange

Pageant Cake: http://www.spanishrecipesbynuria.com/cakes-pies-tarts/la-mona-de-pascua-a-catalan-traditional-cake (if you go and read this, it's seriously weird. I think they must have Google-translated it)

Coiled Serpent: http://www.spain-recipes.com/ensaimada.html

Nevarran Sunrise: http://www.dirtydrinks.com/pl/dirtydrinks/recipe/6136/iberian-dawn/

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Nevarra concept image: http://images.wikia.com/dragonage/images/a/a5/Nevarra1.jpg

Nevarra city sketch: http://dragonage.wikia.com/wiki/Nevarra`City

Portrait of Cassandra Pentaghast: http://joel-lee.deviantart.com/art/Cassandra-Pentaghast-526147095

Stained glass style Cassandra: http://anndr.deviantart.com/art/Cassandra-508374265

Girl band: http://greendelle.deviantart.com/art/Merry-Christmas-507177826

Seeker: https://posterspy.com/posters/seeker-of-truth/

Mortalisi heraldry, from the wiki: http://dragonage.wikia.com/wiki/Heraldry

After Hours at Skyhold: http://kenu.deviantart.com/art/After-Hours-at-Skyhold-499464531

Orlais

Recipes:

*Royal Chicken: 'Chicken a la Suisse,' from Madame Benoit Cooks at Home, by Jehane Benoit, McGraw-Hill Ryerson (1978), ISBN 978-0070827752 (we LOVE this recipe. My Grandma, Dad, and I all made it. A favourite)

*Asparagus soup, based on: http://www.simplyrecipes.com/recipes/creamy`asparagus`soup/

Vichyssoise: this is actually a recipe from /u/leilao's grandmother. I posted on Reddit asking for ideas for recipes, and she gave me this!

No-Knead Bread: http://dontwastethecrumbs.com/2015/02/no-knead-overnight-artisan-bread/

Fine-Herbes Omelet: from Jacques Pepin Celebrates: 200 of his most cherished recipes for memorable meals with family and friends, by Jacques Pepin. New York: Knopf, 2001. ISBN 0375412093

*Beef Bourguignon: http://www.thekitchn.com/recipe-slow-cooker-boeuf-bourguignon-recipes-from-the-kitchn-196361

Steamed Scallops on Spinach: from Cooking with Claudine, also available here: http://articles.courant.com/1997-01-01/features/9612280066`1`pound-spinach-walnuts-lemon-juice

Hard-cooked Eggs in Mustard Sauce: https://kqed.org/w/completepepin/jp-recipes.pdf

*Carrot Gremolata: From River Cottage Veg: 200 Inspired Vegetable Recipes, by Hugh Fearnley-Whittingstall. Appetite (Random House): 2011. ISBN 9780449015940

Leek and Gruyere Quiche: from Cooking with Claudine, by Jacques Pepin. San Francisco: KQED, 1996

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Val Royeaux, from the wiki: http://dragonage.wikia.com/wiki/Orlais

Orlais village: from the wiki: http://dragonage.wikia.com/wiki/Orlais

Cole: http://joel-lee.deviantart.com/art/Cole-526142500

Val Royeaux banner, from the wiki: http://dragonage.wikia.com/wiki/Orlais

Orlesian vineyard and chapel, from the wiki: http://dragonage.wikia.com/wiki/File:Orlesian`vineyard`and`chapel.png

Empress Celene: http://news.softpedia.com/news/Dragon-Age-Inquisition-Has-a-Big-Civil-War-in-Orlais-BioWare-Delivers-the-Details-443600.shtml#sgal`0

Tiny Cole: http://liedeke.deviantart.com/art/Tiny-Cole-sketch-493337354

Orlais heraldry, from the wiki: http://dragonage.wikia.com/wiki/Heraldry

Orlesian nobility, from the wiki: http://dragonage.wikia.com/wiki/Orlais

Madame de Fer: https://gerryarthur.artstation.com/portfolio/228119

Halamshiral, from the wiki: http://dragonage.wikia.com/wiki/Orlais

Vivienne, based on Sargent's portrait of Sarah Choate Sears: http://joel-lee.deviantart.com/art/Vivienne-526653027

Orzammar

Recipes:

Paragon Fingers: from here: http://www.seasonsandsuppers.ca/authentic-canadian-poutine-recipe/

Beer Bread: http://www.mybakingaddiction.com/beer-bread/

Onion rings: http://www.seriouseats.com/recipes/2015/09/foolproof-onion-rings-food-lab-recipe.html

Sautéed Mushrooms: http://www.food.com/recipe/sauteed-mushrooms-with-garlic-317026

Candied Mushrooms: http://www.latrappetrappist.com/en/our-trappist-ales/recipes/candied-mushrooms/

Nug Stew with surface veg: http://allrecipes.com/recipe/236988/chef-johns-irish-pork-stew/

Beer Braised chicken and onions: http://www.simplyrecipes.com/recipes/beer`braised`chicken`and`onions/

Honey beer glazed chicken: http://www.rachaelray.com/recipes/honey-beer-glazed-chicken

Beer braised strung nug: http://www.gimmesomeoven.com/guinness-pulled-pork/

Nug Chops with mushroom sauce: http://www.chowhound.com/recipes/beer-mushroom-sauce-pork-chops-29983

Beer Candied Nug: http://tideandthyme.com/beer-candied-bacon/

Beer cake: http://www.fiftytwocakes.com/chocolate-beer-cake/

Bronto Splash: allrecipes.com/recipe/216528/black-and-tan/

Surfacer Sip Sip: http://allrecipes.com/recipe/149943/shandy

Images:

Orzammar concept art, from the DA Wiki: http://dragonage.wikia.com/wiki/Orzammar

Thaig concept art, from the wiki: http://dragonage.wikia.com/wiki/Thaig

Tapsters: http://dragonage.wikia.com/wiki/Tapster%27s`Tavern

Cadash Thaig, from the wiki: http://dragonage.wikia.com/wiki/Cadash`Thaig

Dwarf Commoner, from the wiki: http://dragonage.wikia.com/wiki/Dwarf`Commoner`Origin

All Hail the Nug King: http://yamisnuffles.tumblr.com/post/126597158161/all-hail-the-nug-king

Shale disapproves: http://abigailryder.deviantart.com/art/Shale-263414103

Dwarven noble: https://www.neoseeker.com/dragon-age-origins/concept`art/

Sleeping Nug: http://liedeke.deviantart.com/art/Sleeping-nug-506923357

Sweet Wee Nugs: http://weemiji.tumblr.com/post/108492804159/just-a-couple-of-gross-pig-rat-babies

Proving grounds, from the wiki: http://dragonage.wikia.com/wiki/Dwarf

Oghren with ale, from the wiki: http://dragonage.wikia.com/wiki/Oghren

Qun

Recipe:

Sten Approves 100+ Cookies:

https://nolannabiblog.wordpress.com/2013/04/19/sten-approves-100-cookie-recipe/

Images:

Qun docks, from the wiki: http://dragonage.wikia.com/wiki/Qunari

Keep Calm and Be Grateful:

http://elfa-dei-boschi.deviantart.com/art/Keep-Calm-Arishok-214955220

Cookie Sten: http://inquisitortrevelyam.tumblr.com/post/101351961580/so-has-this-been-done-yet-or

Rivain

Recipes:

*Tea Eggs: http://steamykitchen.com/2147-chinese-tea-eggs-recipe.html

Ginger Clove tea: http://www.grannymed.com/remedies/conditions/bronchitis/ginger-clove-cinnamon-tea-for-bronchitis

Coleslaw: http://caribbeanpot.com/caribbean-style-coleslaw-recipe/

Vegetable coconut stew: http://food52.com/recipes/22213-rondon-caribbean-coconut-stew

Fish tea: http://jamaicans.com/fishtea/ (Fish Tea is actually supposedly an aphrodisiac, remarkable though that sounds. In Jamaica they apparently claim you won't be able to walk in a straight line if you eat it. https://en.wikipedia.org/wiki/Fish`tea)

Saltfish cakes: http://jamaicans.com/saltfish-cakes-recipe/

Beef stew: https://www.cooked.com/uk/Genevieve-Taylor/Absolute-Press/Stew/Fragrant-and-aromatic/Caribbean-beef-stew-with-lime-ginger-and-thyme-recipe

Chicken pumpkin soup: http://jamaicans.com/jamaicanchickensoup/

Jerk Chicken: http://www.cbc.ca/inthekitchen/2012/09/stefanos-jerk-chicken.html

Pasties: http://www.africanbites.com/jamaican-meat-piejamaican-meat-patty/

*Black Cake: from How to be a domestic goddess: baking and the art of comfort cooking, by Nigella Lawson. London: Butler & Tanner, 2001 ; also here: http://www.pinchofcinnamon.com/2013/01/christmas-black-cake-rum-cake.html (This is seriously good. I've made the base mix and left it over a year and it was fine – pungent but still good cake.)

Dairsmuid stars: http://jamaicandinners.com/jamaican-food/pastries/gizzada-recipe.html

Ginger Cake with Rum Sauce: http://tasteofnovascotia.com/recipes/ginger-cake-with-rum-sauce/

Rum and coconut water: http://www.islands.com/5-best-caribbean-rum-drink-recipes?image=2

Seer Spirit: http://www.islands.com/5-best-caribbean-rum-drink-recipes?image=3

Pride of Afsaana: http://www.barnonedrinks.com/drinks/p/palm-beacher-3688.html

Images:

Rivaini port, from the wiki: http://dragonage.wikia.com/wiki/Rivain

Duncan: http://olivegbg.deviantart.com/art/Dragon-Age-Origins-Duncan-484551785 (I know, he's not really from Rivain – but his mum was, and there are so few pictures of Rivain!)

Isabella, found here: http://8tracks.com/mermakishima/freedom-cut-me-loose (original seems to be removed)

Smirking Isabella: http://commandermutt.deviantart.com/art/Isabela-497850213

Duncan dishevelled: http://theloneinquisitor.deviantart.com/art/Duncan-disheveled-361109051

Isabella on the beach: http://axl99.deviantart.com/art/DA2-Isabela-by-the-sea-203836007

Starkhaven

Recipes:

Buttermilk Scones: http://www.canadianliving.com/food/baking`and`desserts/our`finest`buttermilk`scones.php

Trout fried in oatmeal: Great British Cooking: a Well-Kept Secret, by Jane Garmey, New York: Harper Perennial, 1981

Fish and Egg Pie: from Dragon Age: The World of Thedas Volume 2, by Various. Milwaukie, OR: Dark Horse Books, 2015. ISBN 978-1616555016

Cullen Skink: http://allrecipes.com/recipe/89124/cullen-skink/ (I'll be honest: it's a famous Scottish recipe, but I really only included it because of the name. I think it looks gross. But Cullen! Forgive me.)

Cock a Leekie Stew: http://allrecipes.com/recipe/15434/cock-a-leekie-stew/

Clapshot: http://allrecipes.com/recipe/101842/clapshot

Starkhaven Eggs with Mustard Sauce: allrecipes.com/recipe/24343/scotch-eggs-with-mustard-sauce/

Minced Collop: http://www.chefs-help.co.uk/recipe/6150/beef-collops-minced-beef-scotland-worldwide-recipes

Forfar Bridies: allrecipes.com/recipe/46886/forfar-bridies/

Oat Cakes: http://thetravelbite.com/travel`and`food`blog/nova-scotia-oatcakes/

Shortbread: http://www.canadianliving.com/food/classic`shortbread.php

Blueberry Sour Cream Cake: http://allrecipes.com/recipe/74029/nova-scotia-blueberry-cream-cake/

Red Wine Cake: http://tasteofnovascotia.com/recipes/red-wine-cake/

Images:

Starkhaven, from the wiki: http://dragonage.wikia.com/wiki/Starkhaven

Professor Bram Kenric: http://harellanart.tumblr.com/post/120839425908/kenric-studied-the-glyph-they-had-uncovered-he

Sebastian Vael: http://lisaarevalo.deviantart.com/art/Sebastian-Vael-473256189

Starkhaven crest, from the wiki: http://dragonage.wikia.com/wiki/Starkhaven

Dark Prince Sebastian: I found it here: http://biowarefangirlism.tumblr.com/post/75772328407/sebastian-appreciation-post but it looks like the original is gone.

Knight Captain Rylen portrait: http://www.deviantart.com/art/Knight-Captain-Rylen-582711514

Templar Belinda Darrow tarot card, from the wiki: http://dragonage.wikia.com/wiki/Belinda`Darrow

What's Under Rylen's Helmet: http://zeffel.deviantart.com/art/What-hairstyle-are-you-Rylen-522619926

Tevinter

Recipes:

Flatbread: http://ozlemsturkishtable.com/2015/03/home-made-turkish-pide-bread-pide-ekmek/

Archon's eyes: http://www.curiouscuisiniere.com/khachapuri-georgian-cheese-bread/

Thalsian Mist: http://blogs.getty.edu/iris/what-did-byzantine-food-taste-like/

Vyrantium Sauce (Avgolemono): http://housebarra.com/EP/ep05/02byzfoods.html

Cucumber grape salad: http://www.simplyrecipes.com/recipes/cucumber`salad`with`grapes`and`almonds/

*Chic Peas: from Madhur Jaffrey

*Chicken with Onion: Madhur Jaffrey, found here: https://www.nigella.com/recipes/members/annauks-chicken-in-a-fried-onion-sauce

Fish Soup: http://www.godecookery.com/byznrec/byznrec.htm

Baked Zucchini, Pepper, Onion, Garlic in Tomato Sauce: http://ozlemsturkishtable.com/2014/11/baked-zucchini-pepper-onion-garlic-in-tomato-sauce-firin-sebze/

Chicken w onions: Madhur Jaffrey

Golem Toes (Dolmades): http://www.godecookery.com/byznrec/byznrec.htm

Meatballs: http://www.food.com/recipe/turkish-meatballs-kofta-83793

Rice pudding w pistachios: http://www.indianfoodsite.com/desserts2.htm

Mango cheesecake: http://www.cookingandme.com/2011/06/eggless-no-bake-mango-cheesecake-recipe.html

Cardamom citrus: http://www.simplyrecipes.com/recipes/cardamom`citrus`fruit`salad/

*Drunken oranges, from Madhur Jaffrey

Mango Peach Sangria: http://www.foodandwine.com/recipes/mango-peach-sangria

Black Divine: http://www.cocktailtimes.com/gin/negroni.shtml

Images:

Tevinter, from the wiki: http://dragonage.wikia.com/wiki/Tevinter`Imperium

Dorian and Cullen walking: http://aaaaaaaaaaaaaaaaaaaaaaaaaanders.tumblr.com/post/101851301925/elmroko-the-answer-to-unspoken-question-is

Dorian with Peacocks: http://sandara.deviantart.com/art/Dorian-Pavus-505195105

Dorian freezing, fireplace: http://tamarandom.deviantart.com/art/Disgruntled-Dorian-521256930

Imperial Highway, from wiki: http://dragonage.wikia.com/wiki/Tevinter`Imperium

Dorian selfie w giant: http://i-zet.tumblr.com/post/107405948553/because-i-can

Dorian and Inquisitor in library: http://emedeme.deviantart.com/art/at-the-library-502873422

Tevinter tower, from the wiki: http://dragonage.wikia.com/wiki/Tevinter`Imperium

Dorian portrait: http://sandara.deviantart.com/art/Moustache-Guy-466139658

Dorian on a Dracolisk: http://tamarandom.deviantart.com/art/Desert-Dorian-Dracolisk-569715870

EVERYONE:

From World of Thedas, Vol II.

NOTE:

'Lydes Sprouts' are Brussels Sprouts.

'West Hill Sauce' is Worcestershire sauce.

Anything with an asterisk before it is a recipe I've made and can vouch for.

"Finally a comprehensive instructional booklet for eating one's way through all the regions."

Brother Genitivi

"I probably shouldn't have had a third Painkiller."

Seeker Cassandra

"Tiny crumbly cakes! OMG OMG!!"

Iron Bull

"I'm not going to endorse this."

Morrigan